

# Kit list for Wildside Experience 2-day residential



## You will need to have the following:

Sleeping bag (2-3 season),

*We recommend a pillow and blanket, as well as the sleeping bag.*

Torch

Sun-cream

Packed lunch for Day 1

Medication if applicable (e.g. hay fever)

Personal washing kit

Waterproof coat

Swimming costume and old trainers or Crocs ( must be worn in the river)

Bin liner and spare carrier bags, to keep stuff dry and for wet stuff.

Reading book (in case awake early)

## Clothing, enough for 2 days:

Underwear

Shorts

Socks (4 pairs)

Towel

T-shirts / shirts x3

Sun hat / cap

light-weight long trousers (not jeans) x2

Warm hat

Warm jumper / fleece x2

Pyjamas / night-clothes

Shoes / trainers to wear at basecamp

Wellies (+ suitable socks)

## The following items may be helpful, but not essential:

Waterproof trousers, insect repellent, walking boots

The ground will always be wet and muddy in places, and the long grass is often very wet with dew in the mornings.

Therefore WELLIES ARE ESSENTIAL!

Wildside Experience will provide tents, mats to sleep on, mugs, eating utensils, food and drink.

Please do not bring any sweets, snacks, sugary drinks, mobile phone or electronic games.

[www.wildsideexperience.co.uk](http://www.wildsideexperience.co.uk)