

## PACKING FOR YOUR ADVENTURE

### What to bring

Below you can find our recommended kit list for the students and staff. We stress that it is not necessary to go out and buy all new and expensive kit for a trip with us as you may be able to borrow some items from friends or family. Please remember to pack enough though for a fresh change of clothing each day.

#### THE ESSENTIALS TO PACK:

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| <ul style="list-style-type: none"> <li>• Large rucksack or holdall</li> <li>• Small rucksack to carry the essentials</li> <li>• Warm sleeping bag (season 3 recommended)</li> <li>• Roll mat</li> <li>• Tracksuit or hardwearing trousers</li> <li>• T-shirts</li> <li>• Jumper or fleece</li> <li>• Waterproof jacket and trousers</li> <li>• Socks and underwear</li> <li>• 2 pairs footwear e.g. walking boots and old trainers</li> </ul> | <ul style="list-style-type: none"> <li>• Wash bag including toothbrush, toothpaste, soap and face wipes</li> <li>• Towels</li> <li>• Medications (labelled with clear instructions on the application/use and dosage required)</li> <li>• Swimwear (if planned)</li> <li>• Suitable footwear for water sports (if planned)</li> <li>• Water bottles or hydration system</li> <li>• Alcohol hand gel</li> <li>• Torch (with fresh batteries) - a head torch is ideal</li> </ul> |
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#### OPTIONAL ITEMS TO PACK (items marked by (R) are recommended but not essential):

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| <ul style="list-style-type: none"> <li>• Whistle (R)</li> <li>• Insect repellent (R)</li> <li>• Plastic bags for dirty/wet clothing/footwear (R)</li> </ul> | <ul style="list-style-type: none"> <li>• Sleeping bag liner</li> <li>• Pillow and pillowcase</li> <li>• Rucksack liner</li> </ul> |
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#### WEATHER DEPENDENT ITEMS TO CONSIDER:

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| <ul style="list-style-type: none"> <li>• Wellington boots</li> <li>• Warm hat and scarf</li> <li>• Gloves</li> </ul> | <ul style="list-style-type: none"> <li>• Thermal layer</li> <li>• Sun cream</li> <li>• Sun hat</li> </ul> |
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### What not to bring

Please do not bring electrical equipment or technology on to camp, to avoid the risk of expensive items being lost or damaged. We do understand however, that you may need to be contactable, so will provide you with the facilities to charge your electronic devices during the trip if required. As with all rural locations, mobile signal may vary and the field team can advise where the strongest signal is for your network provider whilst you are with us.

Please do also visit our online shop at [www.thebushcraftcompany.com/shop](http://www.thebushcraftcompany.com/shop).

### Contact Us

If anyone wishes to contact The Bushcraft Company directly, they can do by email: [questions@thebushcraftcompany.com](mailto:questions@thebushcraftcompany.com) or phone 03332 000 612. Please do also keep up to date with our latest news, blogs, photos and videos on:



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