



## Here is your free download of our wild camping kit list guide...

### Backpack – Osprey Aether 65L Is Our Pack Of Choice

- Pack** – A 60-65L pack will be plenty big enough to store the gear you will need
- Rain Cover** – A rain cover is a must have for you pack and will keep you kit dry in a downpour
- Hydration** – A water bladder gives quick and easy access to water on the move.
- Walking Poles** (Rough Terrain) – Most Osprey packs contain walking pole straps on the exterior of your pack

### Shelter & Camp Accessories

- Tent** – Bonus features. A vestibule to store gear & boots, sub 2kg weight, room to sit inside
- Footprint** – Camping on wet/rough ground? Pack a footprint to keep you tent floor dry and free from tears
- Sit Mat/Chair** – An ultra light chair is a luxury item but worth the extra weight, if not a foam sit mat will do the job
- Sleeping Bag/Quilt** – I personally prefer a quilt due to smaller packsize & ease of movement when sleeping.
- Sleeping Pad** – I use the Nemo Tensor Insulated mat due to its performance in the cold & small pack size.
- Pillow** – An adjustable air-core pillow is perfect for getting a comfortable nights sleep

### Camp Kitchen

- Stove & Gas** – I recommend the JetBoil flash, it's bomb proof, lightweight & will not let you down but cheaper options also get the job done
- Gas Can Stand** – Cooking on uneven surfaces like grass & rock is made easier with a stand
- Titanium Cookware** – Lightweight & super tough. Depending on your stove & meal plans a mug will usually do for boiling water & drinking
- Cutlery** – Titanium or plastic cutlery is needed at mealtime.
- Food** – I personally choose dehydrated meals as you simply add boiling water and it's done + my choice of snacks
- Water Filtration** – Pack a Lifestraw water filter and you can drink safe water anywhere in the UK
- Water Bottle** – Nalgene bottles will last you forever & I promise you they will not leak!
- Compressed Towels** – Clean pots & yourself with super small compressed towels.
- Lighter/Matches** – To ignite your stove. It's always worth packing one

### Health & Safety

- First Aid Kit** – Pack a first aid kit containing essential in the event of an emergency
- Foil Bivy Blanket** – This emergency shelter could save your life if you are caught out in the elements.
- Mini Shovel** – I will let you figure this one out
- Quick Drying Towel** – Many uses for hygiene & cleanliness on the trail
- Wipe Off Body Wash** – Pits & Bits have produced a super range of wipe off wash kits
- Sprays & Creams** – Bug spray, sun cream & an antibiotic cream is well worth packing

## Electronic Items

- Mobile phone** – Navigation & Contact with friends/family
- Power Bank** – Recharge devices & Lights
- Charging Cables** – Phones, cameras, lights etc
- GPS** – A gps is super handy for navigation and safety as phones don't always have stable connection
- Headlamp/Torch** – Great for around the campsite at night.

## Clothing

- Walking Socks** – To minimise blisters
- Hiking Trousers/Shorts** – Hiking trousers that zip off to shorts are my choice
- Thermal Base layers** – For colder weathers
- Cap/Wooly Hat** – Depending on weather & wind conditions
- Gloves** – Depending on weather & wind conditions
- Snood/Buff** – Depending on weather & wind conditions
- Down/Waterproof Jacket** – Always pack a lightweight poncho for emergencies but a down jacket depends on weather conditions
- Underwear** – I take spare undies but the choice is yours
- Footwear** – Walking boots or trail shoes are needed for harsh terrain.