

NATHAN BEARD VENTURES - WILD VENTURES - DAY KIT LIST

REQUIRED EQUIPMENT

OPTIONAL EQUIPMENT

PLEASE NOTE: There is no obligation to use any particular brand or model, simply to ensure that the items you choose for 'required equipment' are fit for purpose. Feel free to contact me if you would like any advice or recommendations.

ITEM	DESCRIPTION	QTY
DOCUMENTS		
Directions/ Map	<i>In Joining Email</i>	1 / car
Kit List	<i>In Joining Email</i>	1 each

HYDRATION		
Water Bottle 1ltr	Metal or Plastic Drinking Bottle with screw cap (pre-filled)	1 each

PORTAGE/PACKS		
Rucksack approx 20-30ltr		1 each
Dry Bags	Garden refuse sack / bin bag to line rucksack	1 each

HYGIENE/HEALTH		
Antibacterial Dry Handwash	Alcohol Gel Type	1 each
Any Personal Medications Required		1 each
Pack of Disposable Tissues	Paper	1 each

EATING		
Mug	Metal or Plastic	1 each
Knife/Fork/Spoon	Metal or Plastic	1 each
Bowl	Metal or Plastic	1 each
Plate	Metal or Plastic	1 each
Snacks		
Beverages	[PLEASE NOTE: ALCOHOL IS NOT PERMITTED ON SITE]	
Thermos Flask		

ADDITIONAL KIT		
PERSONAL		
Torch / Headtorch - in winter months	LED Torches are ideal	1 each
Spare Batteries - in winter months	Suitable for torch / headtorch	
First Aid Kit	Basic Personal Kit	1 each
Whistle	Plastic or Metal	1 each
Work Gloves	Gardening or Riggers Gloves [ideally leather palms]	1 each
<i>Binoculars</i>		<i>1 each</i>

CLOTHING/FOOTWEAR		
Socks	Ideally woollen [non cotton]	2 each
Base Layer Top	Ideally wicking [non cotton] Shirt or T-Shirt	1 each
<i>Base Layer Leggings - in cooler months</i>	<i>Ideally wicking [non cotton] Longjohns</i>	<i>1 each</i>
Trousers	Quick drying [not denim jeans]	1 each
Warm Jumper / Fleece Jacket	Woollen or Fleece	1 each
<i>Insulated Jacket - in cooler months</i>	<i>Down or Synthetic [especially if you feel the cold]</i>	<i>1 each</i>
Waterproof Jacket	With a hood	1 each
Waterproof Trousers		1 each
Scarf / Neck Gaiter - in cooler months	Ideally woollen or fleece [non cotton]	1 each
Gloves - in cooler months	Woollen or Fleece	1 each
Woolly or Fleece Hat - in cooler months	Woollen or Fleece	1 each
Hiking Boots or Wellies	Warm & Waterproof [Add Welly Socks if needed]	1 each