

## NATHAN BEARD VENTURES - WILD VENTURES - WEEKEND 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
<b>DOCUMENTS</b>		
Directions/ Map	<i>In Joining Email</i>	1 / Car
Kit List	<i>In Joining Email</i>	1 each

<b>SHELTER</b>		
Sleeping Bag	3 or 4 Season [comfort rating down to 0°C or less]	1 each
Sleeping Mat	Foam or Inflatable	1 each
Ground Sheet [Floor]	Big enough for 2 people Approx. [3m x2m]	1 each
Survival Bag	Plastic or Silvered	

<b>FOOD / PREPARATION</b>		
Knife/Fork/Spoon	Metal or Plastic	1 each
Plate / Bowl	Metal or Plastic	1 each
Snacks		
Beverages		
Thermos		

<b>HYDRATION</b>		
Water Bottle 1ltr	Metal or Plastic Drinking Bottle with screw cap	1 each
Mug	Metal or Plastic	1 each

<b>PORTAGE/PACKS</b>		
Rucksack approx 45-60ltr	With hip belt	1 each
Dry Bags	Garden refuse sacks / Rubble sacks	1 each

<b>HYGIENE/HEALTH</b>		
Sun Tan Lotion - in hotter months		1 each
Insect Repellant		1 each
Wipes	Wet Wipes or similar	1 each
Antibacterial Dry Handwash	Alcohol Gel Type	1 each
Any Personal Medications Required		1 each
Toiletries		1 each
Earplugs		1 each

<b>ADDITIONAL KIT</b>		
<b>PERSONAL</b>		
Torch / Headtorch	LED Torches are ideal	1 each
Spare Batteries	Suitable for torch / headtorch	
First Aid Kit	Basic Personal Kit	1 each
Whistle		1 each
Binoculars		
Notebook / Pencil		

<b>CLOTHING/FOOTWEAR</b>		
Trousers	Quick drying [not denim jeans]	1 each
Warm Jumper	Woolen or Fleece	1 each
Base layer	Ideally wicking [non cotton]	2 each
Fleece Jumper / Jacket	Woolen or Fleece	1 each
Socks	Ideally woollen [non cotton]	2 each
Waterproof Jacket	With a hood	1 each
Scarf - in cooler months	Ideally woollen or fleece [non cotton]	1 each
Gloves - in cooler months	Woolen or Fleece	1 each
Woolly or Fleece Hat - in cooler months	Woolen or Fleece	1 each
Hiking Boots	Waterproof	1 each
Sun Hat	Ideally wide brim	1 each