

## 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 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 / Pair
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	<b>[PLEASE NOTE: ALCOHOL IS NOT PERMITTED ON SITE]</b>	
Thermos Flask		

<b>HYDRATION</b>		
Water Bottle 1ltr	Metal or Plastic Drinking Bottle with screw cap [Please bring full of water]	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 Repellent		1 each
Wipes	Wet Wipes or similar	1 each
Antibacterial Dry Handwash	Alcohol Gel Type	1 each
Any Personal Medications Required		1 each
Pack of Disposable Tissues	Paper	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	Plastic or Metal	1 each
Work Gloves	Gardening or Riggers Gloves [ideally leather palms]	1 each
Binoculars		
Notebook / Pencil		

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