

Kit list for Wildside Experience 3-day residential



You will need to have clothing for 3 days (with extras in case of wet weather). Tick box when packed:

<input type="checkbox"/> Socks, 5 pairs - include Wellie socks.	<input type="checkbox"/> Warm jumper / fleece x2
<input type="checkbox"/> Shoes / trainers to stay dry	<input type="checkbox"/> T-shirts / shirts x4
<input type="checkbox"/> Shorts	<input type="checkbox"/> Underwear
<input type="checkbox"/> light-weight long trousers (not jeans) x2	<input type="checkbox"/> Pyjamas / night-clothes

You will also need the following. Tick box when packed:

<input type="checkbox"/> <u>Waterproof</u> coat	<input type="checkbox"/> Wellies that fit! (longer rather than shorter)
<input type="checkbox"/> Sleeping bag (2-3 season)	<input type="checkbox"/> Torch
<input type="checkbox"/> Pillow	<input type="checkbox"/> Sun-cream
<input type="checkbox"/> Blanket or duvet	<input type="checkbox"/> Medication if applicable (e.g. hay fever)
<input type="checkbox"/> Warm hat	<input type="checkbox"/> Personal washing kit
<input type="checkbox"/> Swimming costume / trunks	<input type="checkbox"/> Reading book (in case awake early)
<input type="checkbox"/> Sun hat / cap	<input type="checkbox"/> Game in case of bad weather (optional)
<input type="checkbox"/> Old trainers or Crocs to wear in the river (if we go to the river)	<input type="checkbox"/> Bin liner and spare carrier bags, to keep stuff dry and for wet stuff.
<input type="checkbox"/> Named refillable drinks bottle	<input type="checkbox"/> Waterproof trousers (optional)
<input type="checkbox"/> Packed lunch for Day 1	<input type="checkbox"/> Walking boots (optional)
<input type="checkbox"/> Towel	<input type="checkbox"/>

The ground will always be wet and muddy in places, and the long grass is often very wet with dew in the mornings. Therefore WELLIES ARE ESSENTIAL!

Wildside Experience will provide tents, mats to sleep on, mugs, eating utensils, food and drink (other than packed lunch on Day 1).

Please **do not** bring any sweets, snacks, sugary drinks, money, mobile phone, aerosols or electronic games.

www.wildsideexperience.co.uk