

THE LIVING PROJECT

RGS WILD WEEKEND - 21ST - 23RD APRIL 2023
ADVENTURE PACK



WHAT TO BRING

We're going on a Wild adventure! The Wild, including the weather is self-willed and while we're not about epic tests of the best mountain fashion, it's important your gear keeps you safe and warm during our time living in a wild environment. Please get in touch if you have any questions.

ESSENTIAL GEAR

- Rucksack (big enough to carry your personal kit, some food we'll provide and some group sleeping and safety kit) - we reckon 50 litres is a good size
- Rucksack liner to waterproof your kit – a rubble sack is a good shout as it won't tear
- Sleeping bag (3-4 Season). (We'll be spending at least one night in basic accommodation, and if the weather's good, one night out under the stars so please bring a cosy sleeping bag,).
- Sleeping mat
- Something good, strong, and preferably waterproof to walk in on your feet such as boots or trail shoes. (It can get soggy underfoot so keeping your feet dry makes the journey more pleasant)
- Head torch with spare bulb and spare batteries
- 1 litre water bottle / hydration system
- Fork / spoon, mug + plate
- Towel (lightweight)

RECOMMENDED CLOTHES

- Comfortable and lightweight/warm clothing for the daytime to yomp around in
- Something warm, dry and cosy for the evening
- Something to swim in
- Thermal layer for sleeping
- Warm hat and gloves
- Sun hat and sunglasses
- Waterproof jacket
- Waterproof trousers
- Spare socks (you can't beat warm dry feet)
- A hot water bottle (if you want a bit of extra warmth at night time)

HEALTH + HYGIENE

- Wash kit
- Wet wipes + antibacterial gel
- Sunblock / high factor sun cream + lip salve / lip sunblock
- Biodegradable soap
- Small personal First-Aid Kit - antiseptic cream/wipes, assorted plasters, blister kit, 3 x rehydration sachets, painkillers i.e. paracetamol, antihistamine for allergies. personal medication

