

XTREME CHARACTER CHALLENGE **KIT LIST** WILDERNESS

Personal Kit:

- Face mask
- Hand sanitiser
- Tent (bring **own** tent unless sharing with extended family member or bubble)
- Rucksack
- Head torch (+spare batteries)
- Minimal toiletries – as required
- Survival bag
- 2 ordinary plastic shopping bags (5/10p type)
- Pair of old trainers
- Notebook and pen/pencil

Sleeping Stuff:

- Warm sleeping bag (packed in a **totally** waterproof bag)
- Sleeping mat

Clothes:

- Good waterproof jacket & trousers
- Outdoor/trek trousers
- Long sleeve top
- Thermals (& spares)
- Fleece jumper
- Neck scarf
- Gloves
- Warm hat/beanie
- Thick walking socks
- Sturdy hiking boots

Cooking Kit:

- Knife, fork, spoon
- Plate/bowl/mess tin
- Mug
- 1.5L water bottle(s) – full on arrival
- Scourer/cloth
- 1L metal pan/tin/bowl

Group Kit:

- Navigation compass
- Matches/lighter

Xtras as desired:

- Sunglasses
- Waterproof poncho
- Spare underwear
- Sun cream/insect repellent
- Trekking poles
- Pen knife
- Tissues/wet wipes
- Camp pillow
- Ear plugs
- Gaiters
- Small towel
- Blister plasters

HOW TO PACK A RUCKSACK

Simple tips to make life outside much easier: Pack in a logical manner – expecting the weather to change fast – and carry the weight on your hips using the hip belt.

