

# 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"/> <b><u>Waterproof</u></b> 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](http://www.wildsideexperience.co.uk)