

## Weekend Backwoods Kit List

Item	Notes and Recommendations
<b>Outdoor Clothing &amp; Footwear</b>	
<b>Waterproof Shell</b>	Jacket and Trousers
<b>Light Warm Layer</b>	Light Fleece or pullover
<b>Heavy warm layer</b>	Thicker fleece, wool shirt or pull over that can be worn separately or over the top of the light top
<b>T-shirt /Light shirt</b>	At least a couple
<b>Outdoor trousers</b>	Something rugged – cargo pants or similar with decent pockets. Jeans are not suitable
<b>Belt</b>	Not just to hold you trousers up but also to carry equipment
<b>Socks</b>	Bring a few pairs
<b>Under wear</b>	Bring a few spares
<b>Warm Hat</b>	Wool or fleece. This is very important item. It makes a huge contribution to keeping warm
<b>Outdoor Foot wear</b>	Boots (Gaiters optional) or Wellies
<b>Sleeping equipment</b>	
<b>Sleeping bag</b>	A decent 3-season is recommended
<b>Sleeping mat</b>	Closed cell (Karrimat) or inflatable (Thermarest)
<b>Survival Bag</b>	Large Orange Plastic bag for sleeping in (Military Bivvi style bag optional)
<b>Personal Equipment</b>	
<b>Water Bottle(s)</b>	enough to carry 2lts
<b>Cuts Kit/First Aid kit</b>	Small first aid kit to be carried at all times (with plasters, small bandage)
<b>Leather Gloves</b>	Gardening type gloves are recommended as you will be collecting and cutting wood, and working with an open fire
<b>Torch</b>	Head torch type is recommended with spare batteries
<b>Watch</b>	
<b>Mug</b>	Metal or Plastic
<b>Cutlery, Plate, Bowl,</b>	<b>If you want to be basic just bring a spoon and bowl</b>
<b>Notebook and pen/pencil</b>	
<b>Rucksack or bag</b>	Must be large enough to carry your clothing and equipment with plastic bags to keep your clothes dry
<b>Bin Bag</b>	For dirty/wet clothes
<b>Wash Kit, Personal</b>	
<b>Wash kit</b>	At a minimum – toothbrush, toothpaste, soap (A small bottle of anti bacterial hand gel is also recommended)
<b>Towel</b>	Small hand towel is all that is required
<b>Insect repellent</b>	It is guaranteed that midges will be about at some time
<b>Personal Medication</b>	Please ensure that the details of any medication are added to your consent form.
<b>Uniform</b>	
<b>Necker only</b>	Not full uniform
<b>Equipment</b>	
<b>Knife</b>	Examples: Swiss army, Opinel, Mora Clipper,
<b>Billy Can</b>	Large catering bean cans, can be used for this.
<b>Folding saw (Optional)</b>	Gardening pruning type
<b>En-trenching tool (Optional)</b>	Small spade for digging fire pits
<b>Collapsible bowl (Optional)</b>	

Visit Paul Kirtley's Blog for more information about what to take and how to carry your kit  
[www.paulkirtley.co.uk](http://www.paulkirtley.co.uk)