

Adventure Kit List

Want to get out on an adventure but you're not sure what you need?

Here is a list that is suitable for almost any wild camping/mountaineering adventure in the UK. After the list, you will find a breakdown of each item and other considerations.

Backpack (50-60L)	Hat (sun or beanie)
Ortleib waterproof liner 35l	Sun cream
Tent	Bowl, cutlery, camping mug
Walking boots/shoes	Stove/ flint and steel
Insulated jacket	Water bottle/bladder
Waterproof jacket	Compass (Silva brand)
Waterproof trousers	Map (1:25000 or 1:40000)
3-season sleeping bag	Head torch
Camping mat	Snood
Toiletries	Spare warm layers

Backpack (50-60L)

The size is sometimes confusing. It just means how many litres of storage the bag has. 50-60L is perfect for 1-2 nights wild camping. For a day hik, consider bringing a 10-20L backpack.

Ortleib waterproof liner 35l

This is one of the only items that guarantees being 100% waterproof. This is essential during periods of rain and storms because you need to keep your sleeping bag and spare clothes dry.

Tent

1-layer tents are lighter and quicker to put up, but will protect you much less in rain. 2-layer tents are better for insulation and preventing condensation. Generally, they fit one less person than they are advertised to (e.g. a 3-person tent will fit 2 comfortably). There is no need to spend loads on your tent unless you need it for a specific expedition.

Walking boots/shoes

Boots are needed for more challenging terrain and when going off-path; shoes are fine for when the path is obvious and easy to follow. You can spend less than £100 if you go out a handful of times each year.

Insulated jacket

Lightweight and very warm. You'll be glad you brought one if you have to stop up a mountain. Also good as a pillow if not needed for warmth. Down is excellent until it gets wet. Synthetic has come along way recently.

Waterproof jacket

Bring one even if you don't think it will rain. Also good as a windbreaker and some extra warmth if you have to make an unplanned stop.

Waterproof trousers

Hugely underrated, they will really help to keep your feet dry when it rains. They do this by stopping water from permeating your socks through your trousers. Also good for extra insulation in winter.

3-season sleeping bag

In summer you can get away with a 1-season, which is much lighter and smaller. 3-season is good all year round. If you want to go lightweight, bring a 1-season and wear all your warm layers.

Camping mat

More important than a good sleeping bag is a good layer underneath you. You lose about 3x as much heat to the ground as you do to the air. Inflatable is generally more comfortable, but foam will not puncture.

Toiletries

Toothbrush, toothpaste, etc. What you would bring when staying the night at someone's house. The only additional item could be baby wipes for a shower and to use as toilet paper.

Sun hat and sun cream

Useful in summer, sometimes needed in winter.

Bowl, cutlery, camping mug

There is no need to bring loads of kitchenware, just something to eat out of, drink out of and eat with.

Stove/Gas canister/flint and steel

You can use this to boil unsafe water, make coffee and tea, and to heat up a warm meal in the evening. Flint and steel is recommended here as the means of ignition because it can get wet and it doesn't run out of fuel. Jetboil is a good allrounder. Otherwise go for a pocket rocket.

Water bottle/bladder

Something to hold water. Sometimes it is recommended to bring a means of filtering. LifeStraw, Water-to-Go and other brands do this well. Alternatively, you can boil it on your stove or use chlorine tablets.

First Aid Kit

Any medication needed for participants, as well as items you may need to wait a few hours for rescue.

Compass (Silva brand)

Always good to have in your bag, even if you don't plan on using it. Consider a spare in your first aid kit.

Head torch

Sometimes you will take longer to return than planned. Also good as a lamp for the evening, hung from the top of the tent.

Spare warm layers

You really don't want to set the tent up and realise your warm clothes are damp.

Walking poles

They may seem unnecessary, but they are a game changer. Both ascents and descents are helped with even just one walking pole. You can use some of your upper body to pull you up, take off some of the weight for your legs on the way down.

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