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## **2020 KIT LIST for Lake District (Fells) Three Day Wild Camping Trip - DOD, RAF Mildenhall**

### **GEAR CHECKLIST**

This checklist is for early spring, summer & autumn hiking up to an altitude of 2500 feet. All items must be as lightweight as possible; rucksacks are limited to (including all food, fuel and water carried);

**Men - 13 kilo**

**Women - 12 kilo**

Rucksacks will be weighed and packs exceeding these weights will have to remove items to reach the target weight.

### **Major Items**

1. Rucksack: 40-50 litre maximum with hip belt and sternum strap.
2. Shelter: Share a tent between 2 people. Each hiker to bring their own emergency shelter i.e. tarp, divvy bag, emergency blanket/groundsheet.
3. Sleeping bag.
4. Sleeping pad.
5. Pillow bag (dry bag filled with clothing).
6. Cook system plus fuel (share one cook system between two people).
7. Food in secure food bag dry bag.

### **Clothing**

TWO sets only; wet set of clothing for the trail, dry set of clothing to sleep in. No 'extra' clothing needed.

#### **On the Trail (wet clothing)**

1. Long sleeve, open neck collared shirt (doubles for meals and pub)
2. Base layer long sleeve with hood & thumb loops.
3. Long trousers with (recommended) removable legs for cleaning & comfort in camp.
4. Lightweight wind top & lightweight wind pants. No hard shell needed.
5. Rain gear; lightweight top & lightweight pants OR rain kilt.
6. Hat for sun protection plus warm hat for cold weather.
7. Buff scarf for neck warmth.
8. Wind mitts for warmth.
9. Puffy jacket for warmth.



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### **In Camp (dry clothing)**

1. Long base layer bottoms.
2. Long sleeve top (with hood)
3. Lightweight merino sleep socks
4. Lightweight merino glove liners

### **Foot Gear**

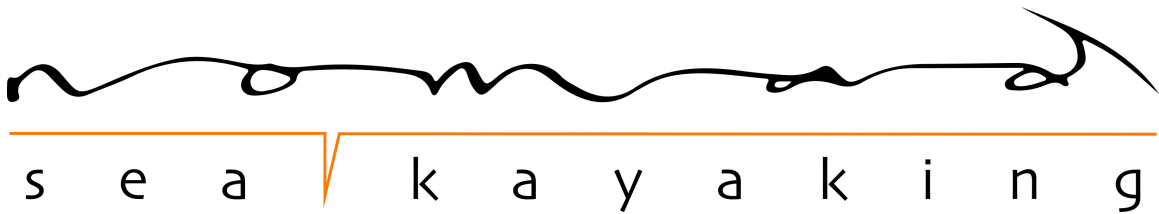
1. Lightweight trail runners with insoles as appropriate to you.
2. Two-three pairs of thin hiking socks (strongly recommend Darn Tough merino).
3. Waterproof socks x1 (recommend SealSkinz).
4. Camp shoes/sandles, lightweight & comfortable (also used in pubs and restaurants).
5. Foot-care bag: Talc powder (cheap baby powder will do). Foot cream/salve for evening and morning application (recommend Burts Bees hand salve).

### **Drinking Water**

1. Water bottle, carry at least 500ml at anytime. Cheap plastic bottle will suffice i.e. smart water bottle.
2. Platypus 2 litre foldable water bag x1 for dirty water (to filter) into drinking bottle as you go.
3. Sawyer squeeze water filter.
4. Chlorine and activator water purification fluid.

### **Miscellaneous**

1. Lighter x1 plus spare matches in dry bag (redundancy).
2. Baseplate compass (on person on trail).
3. Personal wash kit, toothpaste & brush, lip chap, biodegradable soap & hand sanitiser.
4. Dump bag; toilet paper, lightweight cat-hole digger & spare ziplock bag to carry out used paper.
5. Personal first aid kit (personalised to you)
6. Small repair kit for sleep mat punctures, tent & jacket tears.
7. Insect head net.
8. Whistle (on person on trail).
9. Headlamp, small with red light function.
10. Small folding knife (no combat knives & nothing longer than 3 inches).
11. Sunglasses & general sun protection as required.



### **Food** (See FOOD guidance notes)

1. Cold soak for breakfast (breakfast is always after a few miles on the trail)
2. Snacks through the day (high calorie)
3. Dinner is the only hot meal of the day and in camp in the evening.

### **Electronics**

1. Power banks are excellent for power management and you won't need anymore than 6700Mah. Share power banks where possible and repower at every opportunity (pubs/restaurants).
2. Don't forget to bring the correct cables.

### **Trail Etiquette**


1. Hike your own hike but remember that you are part of a group and have a responsibility to the entire group to keep up and take care of your own wellbeing.
2. LNT - Leave no trace (just footprints). Carry out used toilet paper, your trash, keep noise to a minimum and tread lightly. Pack out what you pack in!
3. Greet passers by and smile! :-)
4. On a decline, step aside for hikers climbing.
5. Let faster hikers pass you.
6. NO graffiti!
7. No noise after hiker midnight (bedtime).
8. Use your RED light on your headlamp so you don't blind folks.

### **Trekking Poles**

We recommend the use of trekking poles to;

1. Save knees on big elevations with a loaded pack.
2. Help balance when making steep elevations over very rocky/slippery surfaces with loaded pack.
3. Balance when/if fording creeks particularly in heavy rain.

There is some technique needed for the effective use of trekking poles and NSK will be pleased to offer a training session. We strongly recommend both the use of trekking poles and attending a short training session prior to departure. Please feel free to contact NSK for any advice on purchasing trekking poles.



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## Notes:

Your Guides will provide a brief on all of the above well before the departure date but some important notes to remember;

- ❖ Bring **ONLY** what you need & no more. Rucksacks must **NOT** exceed the limits as set; we will be doing long steep climbs over rough terrain & you will have to carry all of your own gear.
- ❖ Take good care of your feet, remove your footwear & socks at every break & also remove the insoles to air. Wash/rinse your feet & socks at every opportunity, dry your way socks in your pockets and use talc to keep feet dry.
- ❖ NO music on the trail, headphones only. Pay attention to the trail! There will be sections where headphones can not be used.
- ❖ Wash your hands **BEFORE every meal/snack** & directly after pooping! Wash thoroughly!
- ❖ Don't wash in a water source - move at least 100ft away.

## IMPORTANT:

It's critical that each guest takes the very minimal of gear; Please **bring only what you NEED** and no more, you will have to carry all of your gear of rough, steep terrain over three days in all weathers. Excessive equipment defeats the object of hiking and wild camping, which is environmentally friendly comfortable outdoor living with the minimum of fuss & effort. The lighter you are, the easier the trail and the happier you will be.

## Notes to Guides & Group Leader

- ❖ Group Leader to carry the group first aid kit in addition to their own personal first aid kit.
- ❖ Group leader to navigate with guidance from Guides.
- ❖ Flat camp sites are very limited so bring as few tents as possible.
- ❖ Each & every hiker must carry the following items;
  - personal drinking water
  - baseplate compass (on person)
  - small knife (on person)
  - personal first aid kit (including prescribed medication). Your Guides must be informed of any prescription drugs &/or health issues.
  - personal shelter (bivy, tarp, emergency blanket). If tents are shared & there is a problem, every hiker has the means for basic shelter.

*\*Kit List subject to change\**

**We look forward to meeting you for your adventure of 2020!!**