



WildLife Survival School

'Wilderness Girl' Kit List

To take part you don't need to purchase expensive kit, in fact it's quite the opposite! Below is a list of items that acts as a guide for what should be brought with you. We understand that you're a grown up and don't need telling how to do the simple things in life, but some people find this helpful. Please feel free to bring any other items for your comfort.

We're an affiliated partner with Cotswold Outdoor - all Wilderness Girl attendees are eligible for a generous discount on clothing and equipment, available once you've booked onto the event. The staff in the Shrewsbury store are wonderfully helpful and can offer advice.

Clothing

Your clothing should be suitable for the season. If it's cold then multiple thin layers are better than one thick layer. Shoes should be sturdy and suitable for the outdoors - no high heels please!

Waterproof jacket & trousers in case of rain

You will be spending some time around a camp fire so ideally a simple set and not your best hill walking jacket! Please also use common sense and bring a sun hat if the weather looks like it will be hot/warm hat and gloves if it's going to be cold.

Knife, fork, spoon, bowl & mug

These should be of a sturdy construction e.g. metal or plastic. We will have water and drinks available on site, and we'll be preparing food for lunch.

Personal hygiene kit

There are basic toilet facilities on site. We do, however, recommend bringing anti-bacterial wipes, etc.

Pocket notebook & pencil with eraser

We do not provide hand-outs so taking notes may be useful if you wish to - this is a personal choice.

Personal first aid kit

We provide first aid cover for the group, including a large kit. However, we do ask that you consider bringing a few items yourself. This could include plasters, anti-bacterial wipes, insect repellent, UV protection etc. Please also bring any personal medication for example Insulin or Ventolin.

Rucksack or bag

Please bring any kit contained in one bag. You don't have to buy something specifically for this event, though. No one is looking to see how fancy your stuff is.

Optional items:

Sit mat/ folding chair

Rustic seating is available; however a sit mat will make life more comfortable. Bring a style easily folded and stuffed into a rucksack. A folding chair may be brought with you - no-one will judge you if you can't do without one!

Carrier Bags x2 for dirty clothing/ footwear

Please double check you have everything on the kit list before you leave home, due to the nature of the event we do not carry spares.

WildLife Survival School will provide all other equipment, food and materials - although these may well have to be prepared/cooked yourselves.. Should you have any queries about this list or anything else about the event then please do not hesitate to contact us on 07968 071588 or info@wildlifesurvivalschool.com