

Alladale Wilderness Experience

Kit List 2024

Getting ready for Alladale needn't be expensive. **Items highlighted** can be loaned from our Gear Library. When you fill out the parental consent form you'll have the option to tick what you need. Loan items will be handed out on the first day.

Item	Description
Packed lunch & plenty of snacks for the first day	For the Monday you will need a substantial packed lunch, it will be a long & active day.
Water bottle	
2 sets of comfortable, breathable clothing	E.g leggings, outdoor trousers. Avoid jeans and heavy cotton clothing
1 set comfortable clothes for the evenings	
Socks & underwear for the week	
Nightwear	E.g pyjamas or thermals
Warm jacket for colder days	Thicker fleece or "puffa" style jacket
Waterproof jacket	Thin 'Pacamac' jackets not suitable – should be more substantial, with a hood
Waterproof trousers	
Sunhat & sunglasses	
Midge headnet	
Warm hat & gloves	
1 pair sturdy outdoor shoes <i>or</i> boots	With a good tread - suitable for rough walking. Wellies are not suitable
1 pair old, cheap trainers	These will get dirty - please don't bring expensive fashion trainers
Small rucksack or "daysack"	Approx. 20 - 30 litres capacity – for daytime activities.
Larger rucksack or holdall	Approx. 60 litres capacity for packing into. This will be transported to the camp
Warm sleeping bag	It can be cold at night so a thicker, warmer bag is ideal
Camping mat	Inflatable or a standard rollmat is fine
Swimsuit/shorts and towel	Ideally a lightweight camping towel
Personal hygiene products & medication	Incl. sun cream and midge / tick spray (We recommend "Smidge"). This is an essential item to reduce tick bites.

⊖ What **not** to bring: our advice is to leave any expensive or precious items at home, e.g phone, earbuds, jewellery.