



ipse wilderness

Journey Inside, Outside

Therapeutic wilderness journeys

Kit List

- a day rucksack – around 20-30 litres
- walking boots – broken in and comfortable, not new
- comfortable clothes for walking, including a jumper or warm layers
- a change of clothes in case of downpour, especially spare socks
- a small first aid kit - medications, plasters, anti-histamines, pain-killers etc
- a set of simple evening clothes
- a pair of light sandals, slippers or flip-flops for the evenings
- a wash-kit
- pyjamas
- a towel or sarong (or you can hire towels for £2 at most hostels)
- a re-usable water bottle – 1 litre minimum
- a waterproof jacket (and trousers, if you wish)
- sun-cream, sun hat and sunglasses in summer / woolly hat and gloves in winter
- money for snacks, evening meals, ice creams etc - most places WILL NOT take card, and cash machines are few and far between

Optional Extras

- a swimming costume for wild swimming (not on winter trips)
- a Tupperware to carry packed lunches
- a book/cards etc for leisure time
- a journal or diary and pen
- phone and charger
- a camera
- a map and compass
- nuts and snacks e.g. trailmix