

An exclusive wilderness event for women that will stretch and build you

## KIT LIST

You need the following equipment for an Arise UK event (one or two things may change). Don't forget anything, and **don't** bring any more than what is listed below.

**Equipment Guidelines:** Your total kit should not weigh more than 12-15kg, not including 1.5 litres of water (that you must also bring and carry with you). At the start of the weekend, you will be given an extra (up to) 5kg which consists of food and extra equipment... So make sure you can carry a 15kg load over extended distances.

Other (unnecessary) kit like cameras, phone, etc. will be held for you so that you're not distracted during the weekend (so best not to even bring them!). Each team is allowed to carry two mobile phones for emergency purposes only. Make sure that these phones are fully charged on arrival.

**Equipment Tip:** Try to borrow items you don't already have; buying kit you don't usually use could be an unnecessary waste of money.

### Personal Kit:

- Rucksack
- Hand sanitiser
- Tent (2 person – we expect you to share where possible)
- Pair of old trainers
- Head torch (+spare batteries)
- Minimal toiletries – as required
- Survival bag
- 2 ordinary plastic shopping bags (5/10p type)
- Quick dry towel (e.g. microfibre)
- Pen/pencil
- Trowel

### Clothes:

- Good waterproof jacket & trousers
- Outdoor/trek trousers
- Long sleeve top
- Thermals (& spares)
- Fleece jumper
- Neck scarf
- Gloves
- Warm hat/beanie
- Thick walking socks
- Sturdy hiking boots

### Group Kit:

- Navigation compass
- Matches/lighter
- One between two:**
- Portable stove WITH gas
- 1L metal pan/tin/bowl

### Sleeping Stuff:

- Warm sleeping bag (packed in a **totally** waterproof bag)
- Sleeping mat

### Cooking Kit:

- Plate/bowl/mess tin
- Knife, fork, spoon
- Mug
- Scourer/cloth
- 1.5L water bottle(s) – **full on arrival**

### Extras as desired:

- Sunglasses
- Waterproof poncho
- Spare underwear
- Sun cream/insect repellent
- Trekking poles
- Pen knife
- Tissues/wet wipes
- Camp pillow
- Ear plugs
- Gaiters
- Small towel
- Blister plasters