

# THE WILD CROSSING

## THREE-DAY WILDERNESS KIT

Three days and two nights outside, from Friday morning to Sunday afternoon, including the second night alone. You carry your personal equipment. The exact list may change with the landscape, season and weather; any date-specific additions arrive before commitment.

### 01 LAYERS FOR CHANGING WEATHER

Base layers, warm mid-layers, waterproof jacket and trousers, spare dry socks, hat and gloves. Pack enough to remain warm when wet and when standing still after dark.

### 02 FOOTWEAR

Strong walking shoes or boots with reliable grip. They must already be worn in. Bring gaiters only when requested for the confirmed terrain.

### 03 SLEEPING OUTSIDE

Sleeping bag suited to the forecast, insulated sleeping mat, waterproof bivvy or the agreed shelter system, and a dry bag for sleeping clothing. The second night is spent alone within the held safety structure.

### 04 PACK AND CARRYING

A comfortable backpack large enough for your personal kit, with rain cover or waterproof liner. Bring only what you can carry through uneven terrain for sustained periods.

### 05 LIGHT AND POWER

Headtorch with spare batteries. A phone light is not sufficient. Bring a charged phone and compact power bank, packed waterproof, for safety use only when instructed.

### 06 WATER AND EATING GEAR

The required water capacity will be confirmed for each landscape. Bring two robust bottles, a thermos if useful, a cup, bowl and spoon. Simple shared food is provided unless the date states otherwise.

### 07 PERSONAL ESSENTIALS

Prescribed medication, personal first-aid needs, sun protection, insect protection, basic hygiene items, any required glasses or lenses, and one or two compact personal snacks.

### 08 BEFORE YOU TRAVEL

Disclose relevant health or mobility concerns honestly. Read the safety information. Test your footwear, backpack, sleeping system and waterproofing before arrival. Ask when anything is unclear.

#### KEEP IT LIGHT. KEEP IT REAL.

Bring what keeps you warm, safe and present. Leave comfort objects and unnecessary equipment behind. The confirmed landscape always has the final word; use the date-specific preparation message as the authoritative kit list.