



The Wild Camping Kit List

What to take for your first night out

COUNTRY

SHELTER AND SLEEP

- ☐ Tent (check the bag: inner, fly, poles, pegs)
- ☐ Footprint
- ☐ Pegs, a mix for the ground you expect
- ☐ Spare pegs (6)
- ☐ Sleeping bag
- ☐ Sleeping mat
- ☐ Pillow
- ☐ Dry bag for the sleeping bag

PACK AND CARRY

- ☐ Rucksack, 45–60L
- ☐ Rucksack liner or dry bags
- ☐ Stuff sacks
- ☐ Trekking poles

COOKING AND WATER

- ☐ Stove
- ☐ Fuel, more than you think
- ☐ Lighter
- ☐ Matches, stored separately
- ☐ Pot or mug
- ☐ Spork
- ☐ Water bottles or bladder, 1.5–2L
- ☐ Filter or purification tablets
- ☐ Dinner
- ☐ Breakfast
- ☐ Snacks
- ☐ Hot drinks
- ☐ Rubbish bag

CLOTHING

- ☐ Base layer
- ☐ Mid layer
- ☐ Insulated jacket
- ☐ Waterproof jacket
- ☐ Waterproof overtrousers
- ☐ Walking trousers
- ☐ Walking socks
- ☐ Sleep socks, dry, never worn in a boot
- ☐ Boots or trail shoes

- ☐ Hat (sun or warm, by season)
- ☐ Gloves
- ☐ Gaiters

NAVIGATION AND SAFETY

- ☐ Paper OS map, waterproof case
- ☐ Compass
- ☐ Phone with offline maps downloaded
- ☐ Power bank and cable
- ☐ Head torch
- ☐ Spare batteries
- ☐ First aid kit
- ☐ Any personal medication, plus two days spare
- ☐ Bothy bag or emergency shelter
- ☐ Whistle
- ☐ Left word with someone at home

PERSONAL

- ☐ Toothbrush and toothpaste
- ☐ Trowel
- ☐ Toilet paper and a sealable bag
- ☐ Hand sanitiser
- ☐ Quick-dry towel
- ☐ Sun cream
- ☐ SPF lip balm
- ☐ Insect repellent
- ☐ Head net (Jun–Aug, Highlands)

REPAIRS AND SPARES

- ☐ Pole repair sleeve
- ☐ Fabric repair tape
- ☐ Gaffer tape, wrapped round a pole
- ☐ Mat repair kit
- ☐ Accessory cord, 3–4m
- ☐ Knife or multi-tool

BEFORE YOU LEAVE

- ☐ Checked where you're allowed to camp
- ☐ Loch Lomond permit booked, if in a zone (1 Mar – 30 Sep)
- ☐ Weather and wind direction checked
- ☐ Pack weighed at home
- ☐ Guylines checked and shockcord tension checked

LEAVE AT HOME

Anything cotton · A second pair of boots · Full-size toiletries · A camping chair · A large tent · Campfire kit · Glass · Speakers · “Just in case” clothing

Wild camping is a legal right in Scotland, with a permit needed in the Loch Lomond & The Trossachs camping management zones between 1 March and 30 September, and on the Dartmoor Commons. Everywhere else in England and Wales you need the landowner's permission. Correct as of August 2026; check before you travel.