



# Operation Wallacea 2026, Knepp Terrestrial Field Course Kit List

## INTRODUCTION

This document is a guide to the expedition kit you will need for your expedition based on the surveys & activities at Knepp and the experience of previous volunteers.

When packing you need to be thinking of the minimum amount you can take whilst remaining comfortable and safe. You want to be aiming for light, compact, durable, quick-drying and versatile equipment. The list below is essential kit – unless stated as optional. If you have any questions about the information below please do not hesitate to contact us at [knepp@opwall.com](mailto:knepp@opwall.com).

## SUMMARY CHECKLIST

Summary Checklist	Tick off once you have gone through each section of your kit list.	Tick Box
Kit list video	Ensure you watch the kit list video that accompanies this pack.	
Core kit	What core kit to bring for your expedition.	
Clothing essentials	Clothing that you will require on site.	
Optional extras	Some extra kit that will make your time on site more enjoyable.	
Toiletries	Guide to the toiletries you will require.	
Medical kit	Essential medical kit for the expedition.	
Helpful resources	Suggested resources to learn more about rewilding and UK conservation before your expedition.	
Money	What money you might want to bring.	

## CORE KIT

Core kit	These are things you will need no matter which expedition site you are going to.	Tick Box
Rucksack	You can bring a suitcase instead but you will need to carry it along a track and around a field. Minimum 50 litre capacity.	
Day bag/Small rucksack	Needed for field work for carrying water, paper, pens, binoculars, waterproofs, cameras etc.	
Dry bags/plastic bags	To keep kit dry in your rucksack. Carrier bags or bin bags generally work just as well as specialist dry bags. Consider zip-lock bags for valuables.	
Sleeping Bag	It will be colder than you expect at night so we recommend a 3 season sleeping bag. If you get cold easily consider warm layers to sleep in, or a hot water bottle.	
Roll mat or Thermarest	Necessary when sleeping in a tent. Roll mats can be purchased very cheaply, whereas Thermarests are more of an investment (be sure to buy a repair kit).	
Headtorch	Essential for evening surveys, and for getting around camp in the dark! Consider bringing spare batteries too.	
Water bottle/platypus	A combination of several leak-proof plastic bottles (minimum 2 litres) is imperative. Consider having one designated for rehydration salts.	
Alarm	You will need a way of waking yourself up at set times in the mornings! (Phones work fine)	
Travel towel/Sarong	Don't bring a big thick towel as it won't dry quickly enough.	
Notebook and pencil	Essential for note-taking all projects!	

## CLOTHING

Clothing	These are the general items of clothing you will need for your expedition. We have included rough quantities for each item based on the 1 week course but please feel free to bring more or less, it's personal preference and up to you...as long as it fits! You should bring clothes that you don't mind getting dirty. Synthetic (wicking) fabric is the best as it is quick drying, but cotton is kinder to the skin. Don't forget to buy your Opwall t-shirt(s) too!	Tick Box
Walking boots	Make sure your boots have firm ankle support, a semi-flexible sole with good grip and dry relatively quickly.	
Wellington boots	These are essential for surveys when it has been raining, as the site can get very wet and muddy! Cheap pair is fine.	
Footwear for camp	You'll want to air your boots out while in camp, so old trainers, flip flops or TEVA-style sandals.	
Waterproof jacket	Lightweight waterproof jacket.	
Waterproof trousers		
T-shirts (3-5)	Loose fitting and quick drying, must cover shoulders to protect from the sun.	
Long sleeved shirts (2)	Useful to wear on surveys to protect arms from insects, sun and brambles.	
Lightweight long baggy trousers/walking trousers (1-2)	Essential for some surveys. Lightweight and loose fitting, quick drying material is best. Consider zip-off trousers which can be turned into shorts while out of camp.	
Shorts (2)	Useful for wearing in camp.	
Hoodie/fleece/thick top	For evenings	
Nightwear/Pyjamas	It can get cold at night!	
Underwear, socks and bras	Enough underwear and socks for fresh change every day. Long, hiking socks ideally. Sports bras are more comfortable when moving a lot.	
Hat or Bandana	Useful to protect you from the sun.	
Sunglasses	A good pair are useful to protect your eyes from the sun.	
Additional clothes	One set of comfy clothes to travel in.	

## OPTIONAL EXTRAS

Optional Extras	Some added optional extras to make your course more enjoyable. Label your kit; there are many volunteers, and some may have the same or similar items to you.	Tick Box
Camera	You will have lots of opportunities to take pictures but please bring a waterproof carrying case/bag for the camera.	
Binoculars	These are really useful to spot wildlife.	
Earphones/cards/book	For down time in camp. Bringing cards or games is a great way to get to know others!	
Snacks	Snacks can help with energy levels - remember you will be much more active than you are usually! Consider snack bars or biscuits.	
Battery pack	There are plenty of charging points but having a charged phone is important for your morning alarm clock, taking photos and in emergencies. Bringing a battery pack helps with peace of mind, but consider labelling it and your phone charging cable so you don't lose them!	
Earplugs/eye mask	If you are someone that generally struggles to sleep, you may find that the sounds of the campfire or people walking by with their torches on keeps you awake.	

## TOILETRIES

Toiletries	Remember you'll need to carry this to site, so consider smaller bottles!	Tick Box
Toiletries bag	To store toiletries in	
Toothbrush & Toothpaste	Avoid bringing an electric toothbrush as you will struggle to charge it. We would recommend bringing a case to keep it clean.	
Hair and Body Wash	Must be biodegradable	
Insect repellent	DEET products should be avoided so we can minimise impact on the environment. You won't be able to handle any animals if wearing this.	
Talcum powder/anti-fungal powder	Useful for keeping feet dry. Can use at the end of surveys.	
Sun cream	Factor 30, minimum, is recommended. Please ensure it is a coral friendly.	
Sanitary towels/tampons	You won't be able to buy any on site so bring some even if you don't think you'll need any.	

## PERSONAL MEDICAL KIT

Personal Medical Kit	The medical provision on site is excellent, however, there are some items listed below you should carry yourself (as appropriate).	Tick Box
Antihistamine tablets	For any mild reactions.	
Antihistamine cream	Bite/sting cream. Can be very beneficial for reducing itching and swelling of insect bites.	
Paracetamol/aspirin	For headaches etc.	
Ibuprofen	For swelling etc.	
Rehydration salts	Essential as you will be sweating a lot during the expedition. Please bring plenty.	
Antiseptic wipes	Cleaning cuts or grazes	
Plasters (assorted sizes)	May also be worth adding a couple of blister plasters as well as normal ones.	
Personal Medication	It is vital that you bring any prescribed medications, including EpiPens and inhalers. Bring a plentiful supply.	
Vitamins	If you normally take these.	

## HELPFUL RESOURCES

Helpful Resources	Below you will find a selection of helpful resources for your expedition	Tick Box
A Guide to Buying Dive Equipment	<a href="https://www.opwall.com/article/all-the-gear-but-no-ideayet/">https://www.opwall.com/article/all-the-gear-but-no-ideayet/</a>	
Top Eco-Friendly Kit Ideas	<a href="https://www.opwall.com/article/top-eco-friendly-kit-ideas/">https://www.opwall.com/article/top-eco-friendly-kit-ideas/</a>	
Beginner Fieldwork Equipment	<a href="https://www.opwall.com/article/beginner-fieldwork-equipment/">https://www.opwall.com/article/beginner-fieldwork-equipment/</a>	
What Equipment to Borrow or Buy	<a href="https://www.opwall.com/article/the-festive-guide-to-gearing-up-for-your-expedition/">https://www.opwall.com/article/the-festive-guide-to-gearing-up-for-your-expedition/</a>	
Top 10 Must Have Items!	<a href="https://www.opwall.com/article/lets-find-out-what-you-couldnt-live-without/">https://www.opwall.com/article/lets-find-out-what-you-couldnt-live-without/</a>	
Ecological Apps to Download	<a href="https://www.opwall.com/article/ecological-apps-so-you-can-identify-appsolutely-everything/">https://www.opwall.com/article/ecological-apps-so-you-can-identify-appsolutely-everything/</a>	
Wilding' book (Written by Isabella Tree, one of the owners of the Knepp Estate)	<a href="https://www.waterstones.com/book/wilding/isabella-tree/9781509805105">https://www.waterstones.com/book/wilding/isabella-tree/9781509805105</a>	

## MONEY

Spending money is an optional extra to cover personal on-site expenditure only. You will only be able to visit the Knepp shop if you are on a two week course, but you can buy Opwall Knepp t-shirts and hoodies in camp whenever. See the examples here - <https://sh.opwall.com/product/opwall-t-shirt-knepp/> and <https://sh.opwall.com/product/opwall-hoodie-knepp-colour-apple-green/>