

# Kit List



This list has been compiled by our local Ground Handlers and is based on recommendations from previous expeditions.

**Please do take into account your own personal preferences and common sense!**

We welcome feedback on how this list can be improved upon your return from your Challenge.

It is highly recommended that to travel, you use a 'soft hold-all' type of bag and not hard rigid suitcases. During most of the times of the Year, you will spend nearly the entire trip in shorts, t-shirts and/or your swimming costume.

Item	Needed?	✓
<b>Baggage</b>		
Large hold all – to check in at Airport	Yes	
Day pack – 35 litres in size (minimum) with good waist strap	Yes	
<b>Clothing</b>		
Lightweight waterproof - Top	Optional	
Warm jumper / fleece	Yes	
T- Shirts (preferably not cotton)	Yes	
Long sleeved shirt/s	Yes	
Trekking socks	Yes	
Lightweight trousers for trekking	Optional	
Trainers – for evenings	Yes	
Shorts	Yes	
Sun Hat – wide brimmed	Yes	
Trekking boots – must be worn in with good ankle support	Yes	
Casual clothes for evenings and travelling	Yes	
Thermals / track suit – good to sleep in for extra comfort and if you get cold at night	Optional	
Underwear including normal socks	Yes	
Swimming Costume	Yes	
Sandals – NOT FLIP FLOPS – must be able to fasten securely to your feet for the rivers!	Yes	
<b>Equipment</b>		
2/3 season sleeping bag – can be hired for \$30 locally – see Further Information Doc.	Yes	
Travel pillow	Optional	
Sun glasses	Yes	
Head torch with extra batteries	Yes	
Light weight towel	Yes	
Water bottle (2 litres minimum OR 2 x 1 litres) – 're-hydration systems' are a great idea!	Yes	
Trekking poles – try to get them into your main hold luggage	Optional	
Camera and spare batteries and film	Optional	
<b>Health and Hygiene</b>		
Toothbrush, toothpaste, wet wipes (or equivalent), soap (anti-bacterial), shampoo, conditioner (all cleansing liquids must be bio-degradable), lip salve with sun protection, tissues, razor & cream, deodorant, sanitary products, dry wash for keeping hands clean	Yes	
Insect repellent, sun lotion (minimum of factor 25), after sun / moisturiser	Yes	
<b>Other</b>		
Energy foods / drinks	Yes	
Contact lenses (bring spares and also your glasses in case of emergency!)	Optional	
Padlock for baggage – useful, as you leave your main luggage in vehicle at the rim	Optional	
Ear plugs – just in case you have trouble sleeping whilst camping	Optional	
Plastic bags – for dirty washing and keeping items dry	Yes	
Spare boot laces – great for tying things to the outside of your day bag also!	Yes	
<b>Small First Aid Kit</b>		
Adhesive dressing (plasters) and Compeed for treatment of blisters, Antiseptic spray, Diaphorrea tablets, Re-hydration sachets, any other personal medication, Paracetamol	Yes	
<b>Documents</b>		
Passport (valid for 6 months AFTER your return) and photocopy, cash, credit card (for emergencies), Travel Insurance, Tickets or e-ticket receipt	Yes	

You can also hire some kit from TrekHire UK ([www.trekhireuk.com](http://www.trekhireuk.com)) rather than going to the expense of purchasing.