

# 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 or a large rucksack, and not hard rigid suitcases. Remember to pack light! The most important issue is to be warm on the river and have dry warm clothes to put on after your days rafting.

Item	Needed?	✓
<b>Baggage</b>		
Large hold all / rucksack to check in at Airport	Yes	
<b>Clothing</b>		
Pair of sandals or equivalent – must be able to fasten securely to your feet	Yes	
Swimming costume / swimming shorts – must fasten securely around your waist!	Yes	
T- Shirts	Yes	
Shorts	Yes	
Long sleeved shirt – it get's VERY hot in the Batoka Gorge and forearms need to be covered	Yes	
Baseball Cap – to wear under your helmet for extra protection from the sun	Yes	
Wide-brimmed sun hat	Yes	
Trainers / extra pair of footwear for wearing around camp	Yes	
Casual clothes to wear for evenings, for travel and at Hotels in Livingstone	Yes	
Warm jumper / fleece – just in case you get a bit chilly once the sun goes down	Optional	
<b>Equipment</b>		
Sleeping bag – 2/3 season	Yes	
Sun glasses	Yes	
Head torch with spare batteries	Yes	
Light weight towel	Yes	
Water bottle (2 litres minimum OR 2 x 1 litres) and carabiner to attach it to the raft	Yes	
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 products should be bio-degradable), lip salve with sun protection, tissues, razor & cream, deodorant, sanitary products, dry wash	Yes	
Insect repellent, sun lotion (minimum of factor 30), after sun / moisturiser	Yes	
<b>Other</b>		
Energy foods / drinks	Yes	
Mosquito coils if planning to sit outside	Optional	
Contact lenses (bring spares and also your glasses in case of emergency!)	Optional	
If you wear glasses, you need a GOOD means of fastening them to your head – the Ground Operator can supply you with 'chums' for minimal expense	Yes	
Padlock for baggage – you leave your main piece of luggage at the Hotel in Livingstone	Optional	
Ear plugs – just in case the sound of the river stops you from sleeping!	Optional	
<b>Small First Aid Kit</b>		
Adhesive dressing (plasters) and Compeed for treatment of blisters, Antiseptic spray, Diahorrea 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.