

KIT LIST

ZAMBESI CHALLENGE



The kit list below has been compiled by our local ground handlers and is based on recommendations from previous challenges. **Please do take into account your own personal preferences and common sense!**

It is highly recommended that to travel, you use a 'soft holdall' type of bag/large rucksack and not a hard rigid suitcase.

ITEM	REQUIRED	✓
Documents		
Passport (valid for 6 months AFTER your return) and photocopy	Yes	
Travel insurance documents	Yes	
Tickets or e-ticket receipt	Yes	
Cash and credit card (for an emergency)	Yes	
Baggage		
Large holdall/rucksack to check in at the airport and to transport belongings	Yes	
Clothing		
Pair of sandals or equivalent – must be able to fasten securely to your feet NO FLIP FLOPS	Yes	
Swimming costume / swimming shorts – must fasten securely around your waist!	Yes	
T- Shirts	Yes	
Shorts	Yes	
Long sleeved shirt – it gets 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, travel and at hotels in Livingstone	Yes	
Warm jumper / fleece – just in case you get a bit chilly once the sun goes down	Optional	
Kit		
Sleeping bag/sleeping bag liner – 2 to 3 season (lightweight that packs small)	Yes	
Travel pillow	Yes	
Ear plugs – useful when sharing a room	Yes	
Sunglasses	Yes	
Head torch with extra batteries	Yes	
Lightweight towel	Yes	
Water bottle (2 litres minimum OR 2 x 1 litres) and carabiners to attach to the raft	Yes	
Mosquito coils if planning to sit outside	Optional	
Contact lenses (bring spares and also your glasses just in case) - 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	Optional	
Padlock for baggage	Optional	
Large plastic bags and bag liners – for dirty washing and keeping kit dry	Yes	
Camera with spare batteries and spare memory card	Yes	
Health & hygiene		
Toothbrush, toothpaste, wet wipes (or equivalent), soap, shampoo, conditioner, lip salve with sun protection, tissues, razor & cream, deodorant, sanitary products, antibacterial hand gel	Yes	
Insect repellent (containing DEET), sun lotion (minimum of factor 50), after sun/moisturiser, total sun block for nose and lips.	Yes	



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Energy foods/snack bars	Recommended	
Isotonic/high energy drink/powders – try to use them when training to see if they suit you	Recommended	
Small personal first aid kit containing Adhesive dressing (plasters), antiseptic spray, diarrhoea tablets, throat sweets, re-hydration sachets – very important, Paracetamol, Dextrose tablets, Tubi grip or equivalent for extra support if needed, Deep Heat cream or equivalent in case of sore muscles, Sudocrem or Vaseline for soothing/preventing chafing and any other personal medication.	Yes	

