

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on an Amazon Survivor Challenge. We have tried to pare down this kit list to the absolute must-haves for your challenge, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

RUCKSACKS AND BAGS

- Day sack 30-40L
- Rucksack/Duffle bag 70L
- Lightweight waterproof bag for valuables
- Waterproof liners / Dry bags

SLEEPING

- 2 season lightweight sleeping bag for use in hammocks.
- Sleeping bag liner*

FOOTWEAR

- Walking boots with ankle protection
- Hiking socks at least 4 pairs,
- Training/comfy shoe for evenings
- Spare laces*
- Sandals/ River Shoes

CLOTHING

- Waterproof and breathable jacket GORTEX recommended
- Waterproof over-trousers
- Lightweight fleece top
- Wicking t-shirts
- Trekking trousers (not jeans)
- Neoprene / cycling shorts
- Underwear light and loose
- Hat
- Casual clothes for around camp
- Hiking shorts*
- Smart clothes for the celebratory meal*
- Swimwear

GENERAL TREKKING EQUIPMENT

- Water resistant LED Head torch plus spare batteries
- Water bottles/bladder min 3l
- Sunglasses
- High energy snacks (cereal bars, dried fruit, chocolate, nuts)
- Plastic bags for keeping clothes and docs dry
- Camera*
- Contact lenses (plus spare glasses)*
- Gaffa tape *
- Ear plugs*

SMALL FIRST AID KIT

- Your own medication
- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Malaria tablets under advice from your GP*
- Dextrose tablets for extra energy*
- Knee supports*

TOILETRIES

- Personal toiletries (preferably biodegradable)
- Travel towel
- Tissue/toilet paper
- Insect repellent containing DEET
- Sun protection (min factor 30), Aftersun/moisturiser
- Anti-bacterial hand gel
- Dry wash*

DOCUMENTS

- Passport
- Visa (if required)
- Flight tickets
- Photocopy of passport
- Cash
- Debit / Credit card
- Travel insurance

KEY * Indicates Optional

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at [Outdoorhire](#). They can hire really good quality outdoor equipment for weekends and often hiring a high quality piece of equipment is better than purchasing a cheap version

MAKING THE MOST OF YOUR KIT

PACKING

Check out Outdoor Hire's useful tips on how to pack your kit bag [here](#). A soft duffel is less likely to be damaged than a framed backpack and should weigh no more than 15kg, so don't over pack!

In hot, humid conditions your day sack will be much more comfortable if it has good back ventilation and where frequent rainfall is likely then a waterproof rain cover for your day pack will make a huge difference in keeping your kit dry.

CLOTHES

A top quality *breathable* waterproof jacket is vital, it rains frequently in the rainforest. In the evenings after a long, sweaty day in your boots it's a good idea to give your feet a bit of TLC. Get your boots and socks off, wash and apply talcum powder and then slip into a pair of [sport sandals](#) so your feet can air. Sport sandals are also supportive and secure enough to be perfect for wading rivers when you want to keep your boots dry. In humid conditions it's a good idea to keep two sets of light clothing, one for day and a second, dry set for evenings in camp. Keep the dry set in a roll top dry bag to ensure it stays dry.

SLEEPING

Even in warm humid conditions you need a sleeping bag to for the hammocks, for jungle conditions the [Snugpak Travepak Lite Sleeping Bag](#) is perfect. Lightweight and packing down very small, it has an integrated mosquito net built into the hood to keep creepy-crawlies off your face and out of your bed. An optional [silk sleeping bag liner](#) is ideal for when it's just too hot for a sleeping bag but doesn't take up too much space in your pack.

HYDRATION

With physical exertion in hot, humid conditions your fluid needs increase dramatically. Adequate hydration is vital and dehydration can have serious consequences for your challenge and your health. There are various ways to get the right fluids into your body, with many people opting to use water bladders or a wide mouth bottle with a [drinking tube adaptor](#). It is also worth adding [oral rehydration tablets](#) or electrolyte powders to your water to help maintain a correct electrolyte balance. Make sure you follow the mixing instructions on the pack.

See Outdoor Hire's top tips for hydration [here](#).

HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. Tape up your feet before trekking and this will reduce the chance of you developing hotspots. Mosquitos and other biting insects live in the jungle and a high DEET content [insect repellent](#) can be invaluable in keeping them off.

CAMPING

The jungle is *dark* when the sun goes down, make sure that you have a good quality water resistant LED headtorch so you can find your gear and your way to the loo at night. Keep your kit organised and dry by compartmentalising it in small [dry bags](#) within your pack.