



INDIA COMMUNITY CHALLENGE

KIT LIST

The list has been designed by the local ground handler and past challenge leaders; however, please take into account your personal preferences and common sense. See what you can borrow, and if you need to purchase any items, remember that you can get a discount on equipment and clothing from various well known suppliers and outdoor shops – for more information, please refer to the document “Kit Discount” which you will find in your member’s area in the “Challenge Pack” section once you have booked and paid your deposit.

If you would prefer to hire kit, please contact Outdoor Hire, a company specialising in the hire of top quality outdoor gear. They are working with Charity Challenge to provide all the kit you need for your challenge and offer a 10% discount to Charity Challenge customers who have booked onto one of our challenges. Simply obtain the promotional code by referring to the document “Kit Discount” which you will find in your member’s area.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. If you need to wear jewellery, keep it simple and inexpensive. The general rule is that if you don’t need it, don’t bring it. Please check the luggage allowance with the airline that you are flying with and ensure that you do not exceed their regulations. Your main bag should not weigh more than 20kgs.

Your hand luggage should not exceed 5kg and maximum dimensions of 56x45x25cms. Please make sure you pack your rucksack/kit bag yourself, and do NOT under any circumstances take any items through customs that are not yours or that you have been asked to deliver for someone else.

If possible, lock your bags before you check them through at the check-in desk. When packing, think carefully about what you are packing in your hold luggage as, once you have handed it over at check-in, you will not see it again until you arrive at the other end. Don’t pack anything you will need again before or during the flight, such as medicine.

Keep extra cash, passports and house keys in your hand luggage. Also, if taking a long flight, it is sometimes a good idea to take toiletries such as a toothbrush to freshen up on the long journey but please do remember that there are strict regulations governing the transport of liquids in hand luggage.

For the most up-to-date air travel hand luggage rules, please consult the guidelines at:
<https://www.gov.uk/hand-luggage-restrictions/overview>.

Don’t pack valuables, cash, fragile or perishable items in your hold luggage. Airlines and insurance companies will not accept liability for them.

ITEM	TAKE IT?
Baggage	
Suitcase, holdall or rucksack	Yes
Day rucksack (for sun cream, camera, spare battery and memory card, bottles of water, snacks)	Yes
Clothing	
Building boots with STEEL TOE CAPS, ideally worn in. Recommended to have with steel midsole.	Yes
Hardhat (ISI Safety Standard)	Provided
Building gloves x 3 pairs	Provided
Protective eye glasses	Provided
Dust mask with a filter	Provided
Long-sleeved t-shirts/shirts for evenings	Yes
T-shirts (for building as well as leisure –allow 1 per day for building)T-shirts should cover your shoulders and be long enough that when you bend over, your back isn’t exposed.	Yes

ITEM	TAKE IT?
Sweatshirt or fleece (it can get cold on the air-conditioned flight)	Optional
Trousers (such as lightweight cargo trousers, avoid jeans)	Yes
Shorts (must be knee length. For building as well as leisure.)	Yes
Swimwear and swimming hat. (To be respectful of Indian cliental, women wearing bikinis are asked to cover up with a t-shirt.)	Yes
Underwear and socks (light and loose)	Yes
Wide brimmed hat (to shade your face as you will be in the sun most of the day)	Yes
Lightweight waterproof jacket	Yes
Sandals/flip flops (for leisure time)	Yes
Bandana (good for keeping sun off your neck)	Optional
Hygiene	
Toothbrush and toothpaste, shampoo/conditioner (bio-degradable), antiseptic wipes/antibacterial hand gel (to clean hands on site)	Yes
Razor and cream, sanitary products, shower gel, deodorant, nailbrush, tweezers (not in hand luggage)	Optional
Health	
Insect repellent (containing 50% DEET)	Yes
Sun protection (factor 30 minimum) for face, lips and body and After Sun	Yes
Energy bars/sweets	Optional
Vitamins	Optional
Documents (where relevant, please leave a copy at home with your next of kin)	
Passport (and a photocopy kept apart from original)	Yes
Air travel tickets (these are e-tickets and will be given out at the airport)	Yes
Credit card (the most convenient way to withdraw money)	Yes
Cash (please note it is not possible to obtain Indian Rupees prior to arrival in India)	Yes
Employment visa (stamped in passport)	Yes
Travel insurance (and a photocopy kept apart from original)	Yes
Vaccination certificates	Optional
Other	
Sunglasses	Yes
Camera, memory stick, batteries/charger	Optional
Plug adaptor (only if bringing digital camera/phone charger/ hair drier etc)	Optional
Contact lenses (bring spare lenses, and glasses in case of dust)	Optional
Money belt	Optional
Gaffa tape (emergency repairs for just about anything from boots to tools)	Optional
Alarm clock/Watch	Optional
Torch	Optional
Ear plugs (for room-mates who snore!)	Optional
Water bottles	Yes
Small first aid kit	
Pain killers/Paracetamol	Yes
Adhesive dressing (plasters)	Yes
Compeed blister pads	Yes
Antiseptic spray/wipes	Yes
Rehydration Drinks/Powders	Yes
Any medication you normally use (in correctly labelled packaging - pack in hand luggage)	Yes

NB: Personal protection equipment should carry the CE kite mark for quality.