



community challenge - kit list

The items listed in the kit list are recommendations. Please take into account your own personal preferences. Please read the following tips for what to take in your kit, what to prepare before you go and what to pack.

- Use your boots before you go (steel toe capped) and make sure they are well broken in and comfortable.
- Trainers/sneakers/running shoes are not appropriate whilst on the building site as they are too flimsy and don't protect your feet. Please note that anyone without adequate footwear may not be allowed on site
- Make sure your day ruck sack holds the items you need during the day.
- Travel light. Only bring what you need and avoid taking expensive items such as jewellery.
- If you do take jewellery make sure it is simple and inexpensive – don't bring it if it is precious.
- Don't bring valuables (e.g. expensive watches). If you are bringing an expensive camera please make sure it is adequately insured.
- Bring clothes that wash and dry easily (not jeans!).
- Your main bag should not weigh more than 15kg.
- Your hand luggage should not exceed 5kg and the maximum dimensions of 56x45x25cms.
- Travel in your challenge clothes (especially your boots) so in the unlikely event of your luggage not arriving you can start working.
- Pack your essential items such as medicine, cash, passport, house keys in your hand luggage.
- Remember the restrictions on transporting liquids in hand luggage.

Kit List	take it?
baggage and sleeping	
Large rucksack / soft bag (waterproof essential, a suitcase is not appropriate)	Yes
Day rucksack (for your sun cream, camera, water bottles, lunch) – 35 litres	Yes
clothing	
Long-sleeved shirt	Yes
T-shirts	Yes
Fleece	Yes
Trousers (such as lightweight cargo trousers, avoid jeans)	Yes
Shorts	Yes
Swimwear	Yes
Underwear	Yes
Socks (thick socks to wear with your boots and standard ones also)	Yes
Dress/skirt/sarong	Optional
Lightweight water & wind proof jacket	Yes
Steel toe cap boots (sturdy well worn in boots)	Yes
Flip flops/sandals for evenings	Yes
Wide brimmed sun hat & cotton scarf or buff	Yes
Pyjamas / nightwear	Yes
hygiene	
Toothbrush & toothpaste, soap (anti bacterial & bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, antiseptic wipes, anti-bacterial hand gel, deodorant, toilet paper/tissues	Yes
Razor & cream, sanitary products, shower gel, travel towel, hairbrush/comb, petroleum jelly	Optional
Sun protection (factor 20 minimum)	Yes
documents (Please leave a copy at home)	
Passport & photocopy	Yes
Air travel tickets	Yes
Drivers licence	Optional
Cash	Yes

Travellers cheques	Optional
Credit card	Yes
Travel insurance	Yes
Yellow Fever Vaccination certificate (if you have recently visited an area or country known to have suffered an outbreak of Yellow Fever)	Optional
other	
Camera /batteries/ memory cards	Yes
Binoculars	Optional
Sunglasses	Yes
High energy snacks (cereal bars, dried fruit and nuts)	Optional
Contact lenses (bring spare lenses, and glasses in case of dust)	Yes
Gaffa tape (for emergency repairs). This is strong, durable, wide, thick grey tape which can be used to fix everything including boots, rucksacks etc!	Optional
Note book and pens	Optional
Alarm clock / watch	Optional
Torch (with spare batteries and bulb) head torch recommended	Yes
Water bottle (1litre bottle minimum)	Yes
Ear plugs (highly recommended especially for not hearing snorers!) & eye mask	Yes
Re-sealable plastic bags (for dirty washing & rubbish etc)	Optional
Spare boot laces (essential)	Yes
health	
Insect repellent (containing 50% DEET)	Yes
Vitamins	Optional
Malaria tablets (seek advice from your travel clinic or medical professional)	Yes
After sun/moisturiser	Yes
Pain killers	Yes
Rehydration Sachets (such as Dioralyte)	Yes
Adhesive dressing (plasters)	Yes
Blister pads	Yes
Antiseptic spray	Optional
Anti-diarrhoea tablets	Yes
Prescription Medicine (Please carry with you a copy of the prescription which proves they are prescribed for you by a doctor)	Yes
Personal health and safety equipment	
Tools needed	
Goggles	Yes
Dust masks	Yes
Protective gloves	Yes
Thin plastic gloves	Yes
Hard hat	Yes