

brazil trek & kayak challenge, kit list



The items listed below are purely recommendations. 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. We are open to further recommendations upon your return. 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, and then go to <http://www.outdoorhire.co.uk/charity-challenge/>, select the kit list for the challenge you have booked and follow the online instructions for how to hire the kit you need.

Try to use your equipment before you go – particularly your rucksack, boots and sleeping bag (if camping) – this will show up any manufacturing faults and whether they are comfortable enough. Good footwear and care of the feet is most important. Well broken-in walking boots should be worn on all treks. Trainers are too flimsy for wilderness treks and trainer boots are not appropriate. Sandals leave the feet exposed to sunburn, abrasions, thorns, insect and animal bites.

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. Always keep your night clothes in a watertight bag to ensure they stay dry if there is a sudden downpour or if you are crossing water – you will have a much better night’s sleep in dry clothing. Bring clothes that wash and dry easily (jeans take forever to dry and should not be worn on the trek).

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 on the trek should not weigh more than 15kg if being carried by porters or guides. In line with our responsible tourism policy, it is important not to overload the porters and transfer agents who have to carry and transport your pack. 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. When leaving the UK, we recommend that you wear your trekking boots and trekking/cycling gear, and take as much as possible in your hand luggage, especially a full day’s underwear and other clothing. This is to ensure that in the unlikely situation that your bags do not arrive at your final destination, you are still able to make a start on the challenge while we relocate any missing baggage.

item	take it?
baggage and sleeping	
Kit Bag / soft holdall (Approx 70 Litres) for your kit on the plane	Yes
2 x Medium waterproof bags approx. 30 litres each to use during the kayaking and trekking part of your challenge (you will need to be able to fit your sleeping bag in one, but they also have to fit inside the kayak)	Yes
Day rucksack, preferably waterproof (For Sun Cream, Lunch, Camera, Spare battery and memory card, Water Bottles Etc) – approx. 20-30 L	Yes
Sleeping bag (two season)	Yes
Sleeping mat (thermarest/foam)	Yes
Pillow	Optional
clothing	
Trekking boots	Yes
Strap on sandals (Teva’s) or water shoes for wearing whilst kayaking (they will get wet)	Yes

T-Shirts	Yes
Trekking trousers	Yes
Fleece jumper + an extra layer if you feel the cold.	Yes
Shorts	Yes
Trainers for the evening	Yes
Waterproofs (jacket and trousers)	Yes
Swimwear	Yes
Cycling / neoprene shorts to wear whilst kayaking to stop rubbing (no heavy material that holds water)	Yes
Underwear (light and loose), plenty of socks	Yes
Warm Clothes for the evening	Yes
Wide-brimmed hat for protection from the sun	Yes
Rash Vest (to protect from chaffing and for extra warmth whilst kayaking)	Optional
Paddle Gloves	Optional
Dress/skirt/sarong	Optional
Long-sleeved shirt	Optional
hygiene	
Toothbrush & toothpaste, soap (anti bacterial or bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, antiseptic wipes, toilet paper/tissues, travel towel	Yes
Razor & cream, sanitary products, shower gel, deodorant, hairbrush/comb, vaseline	Optional
health	
Sun protection (factor 30 minimum)	Yes
Insect repellent	Yes
After sun/moisturiser	Optional
documents (where relevant/possible please leave a copy at home with your next of kin)	
Passport (and 3 photocopies for emergency)	Yes
Flight tickets (given to you at the airport by a Charity Challenge rep)	Yes
Cash	Yes
Credit card (useful in emergency)	Yes
Travel insurance (and photocopy for emergency)	Yes
Vaccination certificates (not needed as a condition of entry however very useful if medical attn needed in country, originals not necessary)	Yes
Passport photographs	Optional
other	
Sunglasses (good quality with high 100% UV protection)	Yes
Padlock – always lock your bags when you leave them	Yes
Alarm clock or watch	Yes
Head Torch (with spare batteries and bulb)	Yes
Water Bladder 1-2 litres plus Water Bottle 1 litre	Yes
Re-sealable plastic bags (for dirty washing & protect kit from damp)	Yes
Walking Poles (recommended)	Optional
Snorkel & mask	Optional
Camera	Optional
Binoculars	Optional
High energy snacks (tracker bars, dried fruit and nuts)	Optional
Contact lenses (bring spare lenses, and glasses in case of dust)	Optional
Ear plugs	Optional
Whistle	Optional
Spare boot laces	Optional
small first aid kit	
Pain killers/Paracetamol	Yes
Adhesive dressing (plasters) & Compeed blister pads/Second Skin	Yes
Antiseptic spray	Yes

Rehydration sachets	Yes
Diarrhoea tablets	Yes
Any medication you normally use	Yes
Anti-histamines (i.e. Piriton)	Optional
Motion sickness tablets	Optional
Knee support – in case you have weak knees when trekking	Optional