

cardamom mountain trek, 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, cycling kit, 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 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).

Your main bag should not weigh more than 15kg. If you exceed this limit, you may be charged for excess luggage on internal flights or when entering National Parks. Additionally, in line with our responsible tourism policy, it is important not to overload the porters and transfer agents who have to carry and transport it. 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 things you will need again before or during the flight – such as medicine - and make sure you have an adequate supply. 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 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 follow the link [here](#).

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	
Rucksack / Soft bag. Note: 5 days will be in the jungle, you will be trekking carrying the kit you will need for the following 4 days in the jungle so we recommend packing light. Your main luggage can be left at the guesthouse. You will need to allow for at least the following in your backpack for the jungle trek: three shirts, two pairs of trousers, waterproofs, underwear, comfortable evening trainers, sarong, camping towel, hat, sleeping bag, first aid kit, torch, Sun screen, walking poles, camera and wash kit. You will also be required to carry your Hammocks and drinking water each day. Weight aprox 8kg. You will have the opportunity to wash your smalls in the streams each evening.(with your eco friendly washing liquid) Rucksacks with spare kit can be left at the accommodation in Chi Phat.	Yes
Day Rucksack (for daily use and to take with kit for 5 day jungle challenge – 40 litres+) This bag will need to be big enough and have a waterproof cover or Dry bags inside in the event of rain to keep contents dry.	Yes

Sleeping bag (1 - 2 season , an ultra light 28cm – 15cm packed dimensions recommended) & liner (nights maybe warm enough for just a liner) (As the temperature can be changeable please take both and you can decide which you would like to use once in Cambodia. Anything you don't use will be safely stored while you trek)	Yes
Sleeping mat / Thermarest (You will be sleeping in hammocks so not necessary)	Optional
Mosquito net will be provided with your hammock	No
Dry Bags for all your kit (it often rains in the jungle so it is essential all items in your bag are protected from the rain and damp conditions in a dry bag)	Yes
clothing	
Long-Sleeved Shirts	Yes
T-Shirts	Yes
Light Fleece for evenings(alternatively a shirt or light long sleeved top – night time is still warm)	Optional
Trousers (Such As Lightweight Cargo Trousers, Avoid Jeans)	Yes
Shorts	Yes
Swimwear (for washing in)	Optional
Underwear	Yes
Socks (Hiking/Leisure)	Yes
Leech Socks (These will also be provided locally to deter leeches)	Optional
Dress/Skirt	Optional
Lightweight Water & Wind Proof (Jacket & Trousers or Poncho)	Yes
Sarong (to cover you when washing in rivers)	Yes
Walking Boots (Sturdy Well Worn In Boots)	Yes
Ankle Gaiters (For Stopping Grass Scratches, Rashes and lessen the chance of Leeches in boots. Leech socks will be provided, however there will be a lot of leeches in this area of the rainforest.)	Optional
Trainers For Evenings(see below)	Optional
Sandals/River shoes/trainers(You will be crossing 3 to 4 rivers and will need sandals or river shoes with ankle support. You can also use these for the evenings in camp as will dry quickly)	Yes
Wide Brimmed Sun Hat & Cotton Scarf	Yes
hygiene	
Toothbrush & Toothpaste, Soap (Anti Bacterial & Bio-Degradable), Eco Friendly washing powder, Shampoo/Conditioner (Bio-Degradable), Lip Salve With Sun Protection, Antiseptic Wipes, Anti-Bac Hand Gel, Deodorant, Toilet Paper/Tissues	Yes
Razor & Cream, Sanitary Products, Shower Gel, Travel Towel, Hairbrush/Comb, Vaseline	Optional
health	
Insect Repellent (Containing 50% DEET)	Yes
Vitamins	Optional
Malaria Tablets (Seek Advice From Your GP)	Optional
After Sun/Moisturiser	Yes
Sun Protection (Factor 20 Minimum)	Yes
documents (where relevant, please leave a copy at home with your next of kin)	
Passport & Photocopy of details and visa page	Yes
Visa (see Cambodia Fact File for more information)	Yes
Air Travel Tickets (you will receive these at the airport)	Yes
Drivers Licence	Optional
Cash (20USD will be needed to pass immigration. USD widely used in Cambodia and small change can be changed at airport.) photo (passport size)	Yes
Travellers Cheques	Optional
Credit Card	Yes
Travel Insurance	Yes
Vaccination Certificates (In the event of an emergency this is good to have on you.)	Optional
other	
Walking poles	Optional
Camera & spare battery and memory card	Optional
Binoculars	Optional
Sunglasses	Yes

High Energy Snacks (Tracker Bars, Dried Fruit And Nuts)	Optional
Contact Lenses (Bring Spare Lenses, And Glasses In Case Of Dust)	Optional
Penknife (pack in main luggage)	Yes
Gaffa Tape (For Emergency Repairs)	Optional
Sewing Kit	Optional
Note Book And Pen(s)	Yes
Alarm Clock	Optional
Watch	Optional
Torch (With Spare Batteries And Bulb) Head Torch Recommended	Yes
Water Bottle & Water Bladder. Minimum 1 Litre each.	Yes
Micropur Water Purification Tablets	Yes
Ear Plugs & Eye Mask	Optional
Re-Sealable Plastic Bags (For Dirty Washing Etc)	Yes
Spare Boot Laces	Optional
small first aid kit	
Pain Killers/Paracetamol	Yes
Adhesive Dressing (Plasters)	Yes
Compeed Blister Pads	Yes
Antiseptic Spray	Optional
Diarrhoea Tablets	Yes
Re-hydration sachets (2 per day)	Yes
Insect bite cream	Yes
Knee Supports	Optional
Any Medication You Normally Use	Yes

Mosquito Net not on Kit List?