

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 this challenge. We have tried to pare down this kit list to the absolute must-haves for your trek, 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 25-30L
- Large Rucksack/Duffle bag
- Dry sacks to keep your kit dry

FOOTWEAR

- Lightweight hiking boots, Gortex or neo (NOT leather)
- Trekking sandals, e.g. Teva
- Wet suit booties for kayaking & rafting
- Comfortable trainers for cycling

CLOTHING

- Cycling helmet
- Cycling gloves with padded palms x 1
- Cycling shorts with padded seat x 1
- Lightweight waterproofs - breathable jacket and trousers.
- Lightweight fleece or softshell top (for cool evenings)
- Tops – breathable, sweat-wicking poly pro (2 x short, 1 x long)
- Lightweight trekking trousers x 3
- Leisure shorts x 1
- Trekking shorts x 1
- Long-sleeved quick dry shirt and trousers
- Hiking and day shorts
- Dress/skirt, or a sarong
- Casual clothes
- Swimwear
- Wide brimmed hat

GENERAL TREKKING EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 2L
- Sunglasses with keeper straps
- High energy snacks (cereal bars, dried fruit, chocolate, nuts)
- Plastic bags/zip lock for keeping clothes and docs dry
- Gel seat, cycle shoes & Spd pedals if you wish to take your own*
- Padlock for bags, body belt or safe pocket for valuables
- Camera*
- Contact lenses (plus spare glasses)*
- Penknife*
- Gaffa tape*
- Ear plugs*
- Sewing kit*
- Notebook/pen*
- Alarm clock/watch*

SMALL FIRST AID KIT

- Your own medication
- Vitamins*
- Pain killers
- Adhesive dressing/plasters
- Zinc oxide tape
- Blister pads such as Compeed
- Antiseptic wipes & spray
- Diarrhoea tablets
- Rehydration sachets
- Insect repellent (containing DEET)
- Anti-malarial (seek advice from your GP)
- Vaseline*
- Dextrose tablets for extra energy*
- Deep heat*
- Knee supporters*

TOILETRIES

- Wash bag
- Toothbrush & toothpaste
- Razor & cream*
- Shampoo*
- Soap
- Deodorant
- Hairbrush/comb*
- Travel towel
- Wet wipes
- Talcum powder
- Tissue/toilet paper
- Sun screen (min factor 30), Aftersun/moisturiser
- Lipsalve with sun protection
- Anti-bacterial hand gel

DOCUMENTS

- Passport
- Visa (if required)*
- Air tickets
- Photocopy of passport
- Passport photos (at least 2)
- Cash (USD)
- Debit / credit card
- Travel insurance
- Vaccination certificates
- Drivers' Licence*

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

Your main luggage bag should be a holdall/duffle bag rather than a suitcase, this makes it easier to transport in the buses as they are more malleable. We recommend keeping your luggage to a maximum of 20kg, so don't overpack!

A useful tip for packing is to compartmentalise your clothing and you can use dry bags or zip lock bags to do this. For example, you could have a bag for underwear and socks; and another for t-shirts and pyjamas. The important thing is to not over pack and lay things out so you can see everything in one go. Make sure you have everything you need, then if you have space, add some additional things.

CLOTHES

A pair of padded cycling shorts will make a huge difference to your comfort and dedicated cycle gloves help to protect your hands while in the saddle. For all round usefulness in the great outdoors, [Outdoorhire](#) recommend the [Montane Prism Midlayer jacket](#), it's lightweight, windproof and warm and does everything a fleece does but better.

SLEEPING

Accommodation will be in twin rooms at hotels and normally two-person tents at campsites. At Santa Maria de Dota, depending on the number of participants, we will either camp or stay in cabins. All bedding and sleeping mats will be provided for you. If you would like your own room/tent, this can be arranged if there is availability but there will be a single room supplement. Please let Charity Challenge know if you are travelling with a friend or partner who you wish to share with.

HYDRATION

In tropical conditions your fluid needs increase dramatically and hydration is vital, not least to help prevent heat exhaustion. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. Another alternative is a widemouth bottle with a drinking tube adaptor (click [here](#) for an example). Adding [oral rehydration tablets](#) or electrolyte powders to your water helps to maintain a correct electrolyte balance and also makes your water more palatable. Make sure you follow the mixing instructions on the pack and wash bottles and bladders thoroughly after use because the nutrients can help promote bacterial and mould growth.

HEALTH

Make sure you take a first-aid kit with you. 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. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck. Don't forget to take an SPF stick for your lips as well.

