

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 a Cuban Mountain Trek 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 30-40L
- Rucksack/Duffle bag 70-90L
- Small lightweight bag for days 3/4.
- Waterproof liner\*

## SLEEPING

- 2 season sleeping bag.
- Sleeping mat/Thermarest\*
- Sleeping bag liner\*

## FOOTWEAR

- Walking boots with ankle protection
- Hiking socks at least 4 pairs, of which one thermal
- Training/comfy shoe for evenings
- Sandals/ River Shoes
- Spare laces\*

## CLOTHING

- Waterproof and breathable jacket GORTEX recommended
- Waterproof overtrousers
- Windproof softshell jacket
- Lightweight fleece top
- Wicking t-shirts
- Trekking trousers (not jeans)
- Underwear light and loose
- Hat
- Casual clothes for around camp
- Hiking shorts\*
- Smart clothes for the celebratory meal\*
- Swimwear\*

## GENERAL TREKKING EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 3l
- Sunglasses
- High energy snacks (cereal bars, dried fruit, nuts)
- Plastic bags for keeping clothes and docs dry
- Walking poles\*
- Camera\*
- Contact lenses (plus spare glasses) \*
- Gaffa tape for emergency repairs\*
- Alarm clock/watch\*
- Ear plugs\*

## SMALL FIRST AID KIT

- Your own medication
- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Malaria tablets under advice from your GP\*
- Knee support\*

## TOILETRIES

- Personal toiletries
- Travel towel
- Tissue/toilet paper
- Insect repellent containing DEET
- Sun protection (min factor 30), Aftersun/moisturiser
- Anti-bacterial hand gel
- Talcum powder\*
- Dextrose tablets for extra energy\*
- Dry wash\*

## DOCUMENTS

- Passport
- Visa (if required)
- Flight tickets
- Photocopy of passport
- Cash
- Debit / Credit card
- Travel insurance

**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

Check out Outdoor Hire's useful tips on how to pack your kit bag [here](#). Remember the general rule that if you don't need it, don't bring it. A soft duffle is less likely to be damaged than a framed backpack and should weigh no more than 15kg, so don't over pack!

In hot, humid conditions your day sack will be much more comfortable if it has good back ventilation and where frequent rainfall is likely then a waterproof rain cover for your day pack will make a huge difference in keeping your kit dry.

## CLOTHES

A top quality breathable waterproof jacket is vital, it rains frequently in the rainforest. In the evenings after a long, sweaty day in your boots it's a good idea to give your feet a bit of TLC. Get your boots and socks off, wash and apply talcum powder and then slip into a pair of sport sandals so your feet can air. Sport sandals are also supportive and secure enough to be perfect for wading rivers when you want to keep your boots dry. In humid conditions it's a good idea to keep two sets of light clothing, one for day and a second, dry set for evenings in camp. Keep the dry set in a rolltop dry bag to ensure it stays dry.

## SLEEPING

Even in warm humid conditions you need a sleeping bag to ward off the early morning chill and for jungle conditions the [Snugpak Travepak Lite Sleeping Bag](#) is perfect. Lightweight and packing down very small, it has an integrated mosquito net built into the hood to keep creepy-crawlies off your face and out of your bed. A [silk sleeping bag liner](#) is ideal for when it's just too hot for a sleeping bag but doesn't take up too much space in your pack.

## HYDRATION

With physical exertion in hot, humid conditions your fluid intake needs to increase dramatically. Adequate hydration is vital, dehydration can have serious consequences for your trek and your health. There are various ways to get the right fluids into your body, with many people opting for water bladders or a widemouth bottle with a drinking tube adaptor. It is also worth adding oral rehydration tablets or electrolyte powders to your water to help maintain a correct electrolyte balance. Make sure you follow the mixing instructions on the pack.

See Outdoor Hire's top tips for hydration [here](#).

## HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. Tape your feet up before trekking and this will reduce the chance of you developing hotspots. Mosquitos and other biting insects live in the jungle and a high DEET content insect repellent can be invaluable in keeping them off.

## CAMPING

The jungle is dark when the sun goes down, make sure that you have a good quality LED headtorch, so you can find your gear and your way to the loo at night. Keep your kit organised and dry by compartmentalising it in small [dry bags](#) within your pack.