

# KIT LIST

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 trek. 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!

**Remember everything you bring you will need to carry!**

## RUCKSACKS AND BAGS

- Day sack or bag 25-30L (to be left at hotel during trek)
- Large Rucksack 60L (for trek – please note you will carry your own bag)
- Dry sacks

## SLEEPING

- 3 season sleeping bag comfort rated to 0-5°C/32-40°F
- Sleeping mattress (lightweight inflatable)

## FOOTWEAR

- Walking boots with ankle protection. Must be waterproof and sturdy for rocky/wet terrain
- Lightweight sandals for river crossings & evenings around camp
- Hiking socks

## CLOTHING

- Lightweight waterproof & breathable jacket & trousers. GORE-TEX recommended
- 1 x Fleece top
- 2 x Long sleeve thermal mid layer
- 1 x Trekking trousers (not jeans)
- 2 x wicking long sleeve top
- 1 x Thermal leggings/bottoms
- Long-sleeved shirt / T-shirt
- 2-3 x sports/thermal underwear

## CLOTHING continued

- Bandana/buff/scarf for neck protection
- Beanie style warm hat
- Peaked cap or sun hat
- Mosquito/midge head net
- Gloves - water resistant

## GENERAL TREK EQUIPMENT

- Metal flask for hot drink (1L)
- Water bottle/bladder (2L)
- Sunglasses 100% UVA/B/Polarised
- Plastic bags/zip lock for keeping clothes & docs dry
- Plastic bowl, insulated mug, knife, long handled spoon
- Water purification tablets
- Small head torch

## SMALL FIRST AID KIT

- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic wipes
- Diarrhoea/rehydration tablets
- Your own medication

## TOILETRIES

- Personal toiletries
- Lip salve UV resistant
- Travel towel
- Deodorant
- Tissues
- Anti bacterial hand gel
- Sun screen (min factor 30)
- Toilet paper in waterproof bag

## DOCUMENT

- Passport
- Photocopy of passport
- Cash in Danish Krone
- Debit card
- Travel insurance

## OPTIONAL

- Alarm - watch/cell phone
- Camera
- Contact lenses (plus spare glasses)
- Deep heat
- Dry wash
- Ear plugs
- Gaiters – for wet bogs
- Hiking shorts
- Knee supports
- Power bank/solar charger
- Shampoo/conditioner
- Sleeping bag liner
- Spare laces
- Walking poles

# MAKING THE MOST OF YOUR KIT

## PACKING

On this challenge you do not need any formal clothing and you will need to carry your own kit. The kit that you carry should not exceed 10kg as you will also need to carry some of the group kit, such as part of your tent.

You will be able to leave clean clothes and other personal/valuable items at the hotel at the start of the trek for when you finish but everything you take with you on the trek MUST be carried by you for the full five days.

A useful tip for packing is to compartmentalise your clothing and you can use dry bags or even zip lock bags to do this and that will also help your clothing stay dry in a rain shower. 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 on the floor so you can see everything in one go and make sure you have everything you need, then if you have space add some additional things.

## CLOTHES

Weather and temperature can fluctuate enormously from one day to the next so it's best to be prepared for everything! Lots of light layers and waterproofs are key. Make sure that you wear and test your kit before arrival, particularly your hiking boots, which **MUST** be well broken in. Don't delay on getting your boots well worn in it's better to address your issues now than on the trek.

## SLEEPING

Look for a sleeping bag 'Comfort Rated' as close to the anticipated minimum temperature for your trek. For this trek this should be between 0° and 5° C. If you particularly feel the cold then upgrade your sleeping bag to the next level e.g. from 3 Season to 3+ Season. Don't forget a sleeping bag liner for extra comfort without taking up too much space in your pack (optional).

## HYDRATION

During exercise your fluid needs increase dramatically and hydration is vital. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. Another alternative is a wide mouth bottle with a drinking tube adaptor.

## 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.

