

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!

## RUCKSACKS AND BAGS

- Day sack 25-30L
- Large Rucksack/Duffel bag
- Waterproof liner\*

## SLEEPING

- 4 season sleeping bag comfort rating of -10
- Sleeping bag liner\*

## FOOTWEAR

- Walking boots with ankle protection. Must be waterproof and sturdy for rocky/wet terrain
- Trekking sandals/river shoes for river crossings
- Hiking socks
- Trainers for evenings
- Spare laces\*

## CLOTHING

- Hardwearing waterproof and breathable jacket and trousers. GORE-TEX recommended
- Waterproof overtrousers
- Down jacket
- Fleece top – very cold at night
- Wicking t-shirts
- Trekking trousers (not jeans)
- Thermals
- Long-sleeved shirt
- Bandana/buff/scarf for the cold
- Woolly hat and sun hat
- Gloves for the cold and rain
- Casual clothes
- Swimwear for Blue Lagoon and hot springs
- Hiking shorts\*
- Smart clothes for the celebratory meal\*

## GENERAL TREKKING EQUIPMENT

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

## SMALL FIRST AID KIT

- Your own medication
- Pain killers
- Plasters
- Zinc oxide tape
- Blister pads such as Compeed
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Dextrose tablets for extra energy\*
- Deep heat\*
- Knee supporters\*

## TOILETRIES

- Personal toiletries
- Towels (1 for shower, 1 small for river crossings)
- Talcum powder
- Tissue/toilet paper
- Sun screen (min factor 30), Aftersun/moisturiser
- Anti-bacterial hand gel
- Dry wash\*
- 5 x 100 Krona coins to operate showers at camp

## DOCUMENTS

- Passport
- Tickets
- Photocopy of passport
- Cash in Krona
- Debit / credit card
- Copy of 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

As no formal clothes are needed, luggage should be kept to the absolute minimum. During this challenge, bags will be transported by 4x4 vehicle.

Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

## 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, as well as a synthetic or down jacket. Make sure that you wear and test your kit before arrival, particularly your hiking boots.

## 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 10° and -10° C. If you particularly feel the cold then upgrade your sleeping bag to the next level e.g. from 4 Season to 4+ Season. Don't forget a silk sleeping bag liner for extra comfort without taking up too much space in your pack. Another handy tip is to keep your camera in your sleeping bag as you sleep. This will conserve the battery, which runs down quickly in cold temperatures.

## 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 widemouth bottle with a drinking tube adaptor. You could carry a litre Nalgene bottle as this can act as a spare if the bladder is split and also can be used as a handy hot water bottle!

## 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.