

Below is a list of the items that we would recommend you take with you as a part of your trek and mountain climb kit

RUCKSACKS AND BAGS

- 45-60L Rucksack/holdall
- 35L day sack

FOOTWEAR

- Boots with good ankle support
- Trekking socks
- Rafting sandals for river crossing (flip flops will not suffice)
- Trainers/comfortable footwear

CLOTHING & ITEMS FOR TREK

- Clothing for Kota Kinabalu city
- Hiking shorts
- Light weight trekking trousers
- Light weight waterproofs - jacket & trousers
- Light fleece for evening at jungle camp
- Long trousers for evenings
- Peaked cap/waterproof sunhat
- Sunglasses
- Swim wear
- Travel towel
- Wicking t-shirts

ADDITIONAL CLOTHING FOR MOUNTAIN

- Warm breathable clothing
- Heavy fleece or Warm Jacket
- Waterproof Windbreaker
- Warm hat/gloves

GENERAL TREKKING EQUIPMENT

- Head torch with extra batteries
- High energy snack bars, dried fruit, chocolate, nuts
- Mosquito net
- Sleeping bag 2 season
- Trekking poles
- Water bottles/bladder min 3L
- Waterproof bags/dry bags for day bag and valuables

SMALL FIRST AID KIT

- Your own medications
- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic hand gel
- Diarrhoea tablets
- Rehydration sachets
- Water purification tablets

TOILETRIES

- Personal toiletries
- Baby wipes
- Anti Bac Hand Gel
- Insect repellent containing DEET
- Sun screen, After sun/moisturiser

DOCUMENTS

- Passport
- Visa
- Tickets (received at airport)
- Photocopy of passport
- Money
- Copy of travel insurance

OPTIONAL ITEMS

- Camera
- Contact lenses/spare glasses
- Deep heat/freeze
- Dextrose tablets for extra energy
- Ear plugs
- Gaffa tape
- Knee supports
- Lip salve
- Sleeping bag liner
- Spare laces
- Fruit squash to make water taste better

MAKING THE MOST OF YOUR KIT

PACKING

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 you 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.

On this challenge when you go to the jungle camp you can leave you main bag at the homestay and take you days sack, porters can then take anything you need for the night, but they will only carry up to 10kg.

CLOTHES

Most outdoor clothing shops will be able to advise you of the latest technical materials for clothing for the environment in which you are going to do your challenge, so it maybe easiest to ask them for advice.

SUN PROTECTION

The sun can be very strong and at times you may be exposed to it, even on a cloudy day the UV rays can get through and burn your skin. Always make sure you wear sun screen, have a peaked cap or light weight sun hat to hand.

HYDRATION

The jungle environment can be very hot and humid and in addition to the physical exercise you will be doing, you will find that you will sweat and lose fluids more than you may be used to. So it is vital that you stay hydrated. A water bladder might encourage you to consistently be sipping at your water as you can carry it in your bag and have the tube outside. A wide mouth bottle is good for adding in oral rehydration sachets into, to rebalance you electrolytes.

Whatever you choose though it is imperative that you stay hydrated.

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

HEALTH

Make sure you take a first-aid kit with you including painkillers. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. Good hand hygiene is very important on any sort of challenge and will help to prevent tummy problems. Wash your hands whenever you eat and use Dry Wash Gel when washing facilities are not available.

N.B.

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. Often hiring a high quality piece of equipment is better than purchasing a cheap version.