

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 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

- Rucksack 60-70L
- Soft shelled bag to leave additional kit with ground team not needed for trek

SLEEPING

- 2 or 3 season sleeping bag comfort rating of 10C
- Sleeping mat/Thermarest

FOOTWEAR

- Walking boots with ankle support
- Hiking socks at least 4 pairs
- Comfy shoes for evenings

CLOTHING

- Waterproof, breathable jacket
- Wicking t-shirts
- Trekking trousers (not jeans)
- Waterproof trousers
- Lightweight fleece
- Sun hat
- Sunglasses
- Casual clothes for evenings and sightseeing
- Warm jumper/fleece for evening

GENERAL TREKKING EQUIPMENT

- Head torch/torch
- Water bottles/bladder min 3L
- High energy snack bars, dried fruit, chocolate, nuts
- Plastic bags for keeping clothes and docs dry

SMALL FIRST AID KIT

- Your own medication
- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic hand gel
- Diarrhoea tablets/Rehydration sachets

TOILETRIES

- Personal toiletries
- Baby wipes
- Travel towel (towels are small in some of the lodges)
- Tissue/toilet paper
- Insect repellent containing DEET
- Sun screen, After sun/moisturiser

DOCUMENTS

- Passport
- Tickets (received at UK airport)
- Photocopy of passport
- Money - see Challenge trip notes
- Copy of travel insurance

OPTIONAL ITEMS

- Alarm clock
- Camera
- Contact lenses/spare glasses
- Deep heat/freeze
- Ear plugs
- Gaffa tape
- Hiking shorts
- Knee supports
- Lip salve
- Sleeping bag liner
- Smart clothes for the celebratory meal
- Spare laces
- Walking poles

MAKE THE MOST OF YOUR PACKING

PACKING

When you are trekking will need to carry all your kit with you including all your camping equipment less food and cooking equipment.

It is important to ensure that your rucksack is comfortable so things you might want to consider when buying one or about your own rucksack are things like whether it has a waistband, back ventilation, separate section for hydration system/water bladder; trek pole loops.

You may want to invest in some dry bags which could help you to separate items within your bag and also as the name suggests will keep your items dry in case of rain.

SLEEPING

Temperatures at night are approximately between 10C and 15C so make sure you get a sleeping bag that will best suit your needs. A 2 or 3 season sleeping bag should be adequate.

CLOTHES

Temperatures can fluctuate enormously from day to night and weather can be variable in mountain ranges. During the day and in the summer temperatures can get up to 27C in the valleys getting cooler as you gain height. At night in camp it will be considerably cooler.

Your boots need to have ankle support as the routes are on rough terrain and at times loose under foot. Having good ankle support will lessen the chances of you rolling your ankle.

You may do a lot of trekking and never use walking poles, but you may want to consider them here as the terrain here can be steep and you might like one for the descents, but it is a personal preference.

Our training weekends are the perfect place to test your new kit, particularly your hiking boots.

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.

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 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.

KIT HIRE

If you do not have all of the kit we are recommending do not panic. You don't need to spend loads of money on buying new kit either. We are partnered with [Outdoorhire](#) who hire out kit and can help advise on what you might need or want to take with you.