

maasai bush trek, kit list



The items listed below are purely recommendations. The list has been designed by the local ground handler and past challenge leaders and is designed to take into account the full range of conditions which could be experienced during the challenge; however, please take into account your personal preferences and common sense. Anything marked as 'yes' is potentially vital to your safety, comfort and enjoyment and you may not be permitted to embark on your challenge if you do not arrive with the correct kit. We are open to further recommendations upon your return. See what you can borrow, and if you need to purchase any items, remember that you can get a discount on equipment and clothing from various well known suppliers and outdoor shops – for more information, please refer to the document “Kit Discount” which you will find in your member’s area in the “Challenge Pack” section once you have booked and paid your deposit.

If you would prefer to hire kit, please contact Outdoor Hire, a company specialising in the hire of top quality outdoor gear. They are working with Charity Challenge to provide all the kit you need for your challenge and offer a 10% discount to Charity Challenge customers who have booked onto one of our challenges. Simply obtain the promotional code by referring to the document “Kit Discount” which you will find in your member’s area, and then go to <http://www.outdoorhire.co.uk/charity-challenge/>, select the kit list for the challenge you have booked and follow the online instructions for how to hire the kit you need.

Try to use your equipment before you go, particularly your rucksack and boots – this will show up any manufacturing faults and allow you to test for comfort. Good footwear and care of the feet is very important. Well broken-in walking boots should be worn on treks. Trainers are too flimsy for wilderness treks and trainer boots are not appropriate. Sandals leave the feet exposed to sunburn, abrasions, thorns, insect and animal bites.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. If you need to wear jewellery, keep it simple and inexpensive. The general rule is that if you don’t need it, don’t bring it. Always keep your night clothes in a watertight bag to ensure that they stay dry if there is a sudden downpour or if you are crossing water – you will have a much better night’s sleep in dry clothing. Bring clothes that wash and dry easily (jeans take forever to dry and should not be worn on the trek).

Please check the luggage allowance with the airline that you are flying with and ensure that you do not exceed their regulations. Your main bag on the trek should not weigh more than 15kg if being carried by porters or guides. In line with our responsible tourism policy, it is important not to overload the porters and transfer agents who have to carry and transport your pack. Your hand luggage should not exceed 5kg and maximum dimensions of 56x45x25cms. Please make sure you pack your rucksack/kit bag yourself, and do NOT under any circumstances take any items through customs that are not yours or that you have been asked to deliver for someone else.

If possible, lock your bags before you check them through at the check-in desk. When packing, think carefully about what you are packing in your hold luggage as, once you have handed it over at check-in, you will not see it again until you arrive at the other end. Don’t pack anything you will need again before or during the flight, such as medicine. Keep extra cash, passports and house keys in your hand luggage. Also, if taking a long flight, it is sometimes a good idea to take toiletries such as a toothbrush to freshen up on the long journey but please do remember that there are strict regulations governing the transport of liquids in hand luggage. For the most up-to-date air travel hand luggage rules, please consult the guidelines at <https://www.gov.uk/hand-luggage-restrictions/overview>.

Don’t pack valuables, cash, fragile or perishable items in your hold luggage. Airlines and insurance companies will not accept liability for them. When leaving the UK, we recommend that you wear your trekking boots and trekking gear, and take as much as possible in your hand luggage, especially a full day’s underwear. This is to ensure that in the unlikely situation that your bags do not arrive at your final destination, you are still able to make a start on the challenge while we relocate any missing baggage.

item	take it?
baggage and sleeping	
Large rucksack or holdall (70-80L capacity). A suitcase is not appropriate	Yes
Day rucksack 25-35L (for water bottles, suncream, camera, spare battery, memory card, etc)	Yes
Mosquito net (you are in a malarial area, although it is very dry, so there should not be too many mosquitos)	Yes
Sleeping bag (2 or 3 season) with cotton liner	Yes
Foam sleeping mat. A foam mat will be provided to each participant	Optional
clothing	
Long-sleeved shirt (at least one for the evenings to prevent mosquitoes and one for trekking during the day (to prevent sunburn)	Yes
T-shirts (sweat wicking are best)	Yes

Sweatshirt	Yes
Fleece / Jumper for Ngorongoro (depending on season it may be cool in the evenings)	Optional
Trousers, such as lightweight cargo trousers, avoid jeans (at least one for the evenings to prevent mosquitoes and one for trekking during the day (to prevent sunburn)	Yes
Shorts	Yes
Swimwear (Nb. this does not guarantee that your hotel will have a swimming pool)	Optional
Underwear (light and loose)	Yes
Few pairs of sweat wicking socks as your feet will overheat (at least one pair blister-resist hiking socks /leisure)	Yes
Dress/Skirt/Sarong for your last evening at the hotel	Optional
Lightweight waterproofs (only very light weight required)	Optional
Boots that give some ankle support, and soles that can resist very tough acacia thorns and sharp rocks. They must be worn in. Gortex and really breathable material is important because it gets very, very hot on the trek.	Yes
Ankle gaiters (for stopping grass scratches and rashes)	Optional
Sandals/Trainers (for the evenings/ after your trek)	Yes
Wide brimmed hat & sun protection for back of neck	Yes
Cotton scarf / bandana (dust protection)	Yes
hygiene	
Toothbrush & toothpaste, soap or shower gel (anti bacterial or bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, antiseptic wipes, travel towel, deodorant, toilet paper/tissues	Yes
Razor & cream, sanitary products, hairbrush/comb, nail brush (recommended), Vaseline	Optional
health	
Insect repellent (containing DEET)	Yes
After sun/moisturiser	Yes
Sun protection (factor 20 minimum)	Yes
Multi-vitamins	Optional
small first aid kit	
Pain killers – Paracetamol, Ibuprofen or other (personal preference)	Yes
Malaria tablets (seek advice from your GP)	Yes
Adhesive dressing (plasters) & compeed blister pads	Yes
Antiseptic spray and wipes	Yes
Anti-histamine tablets (i.e: Piriton)	Yes
Rehydration salts (2 sachets per day)	Yes
Diarrhoea tablets	Yes
Any medication you normally use	Yes
Motion sickness tablets	Optional
Zinc-oxide tape (to prevent blisters). Available from most chemists	Optional
documents (where relevant, please leave a copy at home with your next of kin)	
Passport	Yes
Visa for Tanzania (buy in advance) & for Kenya (buy on arrival and dept) Further information will be provided in your Member's Area 3 months prior to departure	Yes
Air travel tickets (you will receive these at the airport)	Yes
Travel insurance	Yes
Cash (in US Dollars) Banks in Tanzania no longer accept older versions of US dollar notes. Please come prepared with notes of year 2003 or newer, and with the new large-head design - Old notes will not be accepted, neither as payment nor as tips.	Yes
Travellers cheques in USD\$ - only changeable in lodge at the end	Optional
Debit card (please note credit cards are not widely used in Tanzania and therefore any additional costs will need to be paid in cash)	Yes
Vaccination certificates (not needed as a condition of entry however very useful if medical attn needed in country, originals not necessary)	Optional
other	
Torch (with spare batteries and bulb) - head torch recommended	Yes
Water bladder 1 -2 Litres & Water bottle 1 Litre	Yes
Water purification tablets/Iodine drops in case bottled water runs low & for brushing teeth	Yes

Sunglasses	Yes
Walking poles	Optional
Re-sealable plastic bags (for dirty washing & carrying out daytime rubbish)	Yes
Spare boot laces	Yes
Camera & spare memory card	Optional
Binoculars (light weight)	Optional
High energy snacks (tracker bars, dried fruit and nuts)	Optional
Contact lenses (bring spare lenses, and glasses in case of dust)	Optional
Gaffa tape (for emergency repairs)	Optional
Cord or string for washing line and also for repairs / sewing kit	Optional
Note book and pen(s)	Optional
Alarm clock / watch	Optional
Ear plugs	Optional