

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 30 - 35L
- Large Rucksack/Duffle bag 60L – 90L

### SLEEPING

- 2 season sleeping bag
- Sleeping bag liner\*

### FOOTWEAR

- Walking boots (lightweight) with ankle protection. Tough soles to resist acacia thorns and sharp rocks.
- Hiking sweat-wicking socks
- Training/comfy shoe for evenings
- Flip Flops
- Spare laces\*

### CLOTHING

- Very light weight waterproofs
- Wicking t-shirts (with collar)
- Long-sleeve shirt
- Trekking trousers (not jeans)
- Hiking shorts
- Buff for the dust
- Wide brimmed hat
- Sweat rag
- Casual clothes for around camp
- Warm long-sleeve sweatshirt
- Nightwear
- Smart clothes for the celebratory meal\*
- Swimwear dependant on hotel\*

### GENERAL TREKKING

#### EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 3l
- Sunglasses
- High energy snacks (tracker bars, dried fruit, chocolate, nuts)
- Penknife
- Pen & notebook
- Ziploc bags for packing things away
- Walking poles\*
- Camera\*
- Contact lenses (plus spare glasses)\*
- Binoculars\*
- Gaffa tape for emergency repairs\*
- Alarm clock/watch\*
- Ear plugs\*

#### SMALL FIRST AID KIT

- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Your own medication
- Deep heat\*
- Knee supporters\*

### TOILETRIES

- Toothbrush, toothpaste, soap, babywipes, lip salve
- Antibacterial handwash
- Travel towel
- Flannel
- Wet wipes
- Garden bags for waste
- Deodorant
- Tissue/toilet paper
- Insect repellent containing DEET
- Malaria tablets under advice from your GP
- Aftersun/moisturiser
- Sun protection (min factor 30)
- Sealable plastic bags for disposing toilet paper
- Dextrose tablets for extra energy\*
- Dry shampoo\*
- Dry wash\*

### DOCUMENTS

- Passport
- Tickets (given to you at the airport)
- Photocopy of passport
- Cash in Euros
- Debit card
- Travel insurance

**KEY** \* Indicates Optional

# MAKING THE MOST OF YOUR KIT

## PACKING

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. Please ensure your holdall is a duffel bag or rucksack – not a suitcase. This is so we can pack all your gear in the vehicles each day.

## CLOTHES

Temperatures can fluctuate from day-night. Make sure that you wear and test your kit before arrival, particularly your hiking boots where comfort is key.

## SLEEPING

Look for a sleeping bag 'Comfort Rated' up to 2 seasons. Don't forget a silk sleeping bag liner for extra comfort without taking up too much space in your pack. Bring a foam mat for comfort.

## HYDRATION

During exercise your fluid needs increase dramatically and hydration is vital, especially in the heat. 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.

## 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. Don't forget to take an SPF stick for your lips as well. Eye, skin and head protection are critical.