

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
- Small bag to keep extra clothing not needed on trek

## SLEEPING

- 3 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
- River shoes
- Spare laces\*

## CLOTHING

- Waterproofs
- Wicking t-shirts (with collar)
- Long-sleeve shirt
- Trekking trousers (not jeans)
- Hiking shorts
- Buff for the dust
- Sun hat
- Hat and gloves
- Warm long-sleeve sweatshirt
- Nightwear
- 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)
- Dry bags to keep clothing dry
- Ziploc bags for packing things away
- Walking poles (recommended)
- Camera\*
- Contact lenses (plus spare glasses)\*
- Binoculars\*
- Gaffa tape\*
- Alarm clock/watch\*
- Ear plugs\*
- Penknife\*

## SMALL FIRST AID KIT

- Your own medication
- Pain killers
- Plasters
- Zinc oxide tape
- Blister pads such as Compeed
- Malaria tablets under advice from your GP
- Diarrhoea tablets
- Rehydration sachets
- Water purification tablets
- Dextrose tablets for extra energy\*
- Deep heat\*
- Knee supports\*

## TOILETRIES

- Personal toiletries
- Wet wipes
- Fragrance free plastic bags
- Roll-on Deodorant neutral\*
- Tissue/toilet paper
- Insect repellent containing DEET
- Sun screen (min factor 30), Aftersun/moisturiser
- Anti-bacterial hand gel
- Talcum powder

## DOCUMENTS

- Passport
- Tickets
- Photocopy of passport
- Cash in Euros (for visa)
- 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

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 duffle bag or rucksack – not a suitcase. This is so we can pack all your gear in the vehicles each day. Not all the kit needs to be carried with you on the trek (such as smart clothes for the celebration dinner and travelling clothes). These can be left in the minibus during the trek but they will need to be stored in some sort of bag.

## 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 3 seasons. Don't forget a silk sleeping bag liner for extra comfort without taking up too much space in your pack.

## 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.

It is recommended that you 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, 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.

## MONEY

Euros are not widely accepted and whilst you will need them to purchase your visa on arrival, the only other requirement for Euros is for the tip to the trek staff. €100-€130 should be more than enough for your trip with an equivalent £100 in Malagasy Ariary that can be obtained from cashpoints at the airport and at some of the garages at which we stop along the way.

