

nepal communitychallenge

kit list



The items listed below are purely recommendations. The list has been designed by the local ground handler and past challenge leaders; however please take into account your personal preferences and common sense. 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. For building gear you could also try B&Q and Lawsons or you can buy online at www.screwfix.com

Try to use your equipment before you go – particularly your rucksack, cycling kit, boots and sleeping bag – as this will show up any manufacturing faults. Good footwear and care of the feet is especially 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. Good footwear and care of your feet is most important. Well broken-in steel toe capped boots are essential. Try to wear your work boots as much as possible before you go, this will show up any manufacturing faults and whether they are comfortable enough.

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 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).

Your main bag should not weigh more than 15kg. If you exceed this limit, you may be charged for excess luggage on internal flights or when entering National Parks. Additionally, 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 things 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 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 follow the link [here](#).

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/cycling gear, and take as much as possible in your hand luggage, especially a full day’s underwear and other clothing. 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 expedition while we relocate any missing baggage.

item	take it?
baggage	
Suitcase, holdall or rucksack	Yes
Day rucksack (for sun cream, camera, spare battery and memory card, bottles of water, snacks)	Yes
clothing	
Building boots (sturdy boots with STEEL TOE CAPS)	Yes
Hardhat	Yes

Building gloves x 3 pairs	Yes
Protective glasses	Yes
Dust masks	Yes
Long-sleeved t-shirts/shirts for evenings	Yes
T-shirts (for building as well as leisure –allow 1 per day for building) T-shirts should cover your shoulders and be long enough that when you bend over, your back isn't exposed.	Yes
Sweatshirt or fleece (it can get cold on the air-conditioned flight)	Yes
Trousers (such as lightweight cargo trousers, avoid jeans)	Yes
Shorts (must be knee length. For building as well as leisure.)	Yes
Underwear and socks (light and loose)	Yes
Wide brimmed hat (to shade your face as you will be in the sun most of the day)	Yes
Lightweight waterproof jacket	Yes
Sandals/flip flops (for leisure time)	Yes
Bandana (good for keeping sun off your neck)	Optional
hygiene	
Toothbrush and toothpaste, shampoo/conditioner (bio-degradable), antiseptic wipes/antibacterial hand gel (to clean hands on site)	Yes
Razor and cream, sanitary products, shower gel, deodorant, nailbrush, tweezers (not in hand luggage)	Optional
health	
Insect repellent (containing 50% DEET)	Yes
Malaria Prophylaxis (Please consult your GP)	
Sun protection (factor 30 minimum) for face, lips and body and After-sun	Yes
Energy bars/sweets	Optional
Vitamins	Optional
documents (where relevant, please leave a copy at home with your next of kin)	
Passport (and a photocopy kept apart from original)	Yes
Air travel tickets (these will be given out at the airport)	Yes
Credit card	Yes
Cash	Yes
Travellers cheques and numbers (and a photocopy kept apart from original)	Optional
Travel insurance policy summary and a photocopy.	Yes
Vaccination certificates	Optional
other	
Towel (Preferably specialised quick drying travel towel available from outdoor shops)	Yes
Sleeping bag 3 season.	Yes
Sleeping bag liner	Yes
Thermarest	Optional
Sunglasses	Yes
Camera, memory stick, batteries/charger	Optional
Plug adaptor (only if bringing digital camera/phone charger/ hair drier etc)	Optional
Solar powered or car charger (or adaptor) for electric equipment. (Power sources via plug sockets may be unreliable/ inaccessible)	
Contact lenses (bring spare lenses, and glasses in case of dust)	Optional
Money belt	Optional
Gaffa tape (emergency repairs for just about anything from boots to tools)	Optional
Alarm clock/Watch	Optional
Head Torch	Yes
Ear plugs (for room-mates who snore!)	Optional
Water bottle(s) (2 litre capacity)	Yes
small first aid kit	

Pain killers/Paracetamol	Yes
Adhesive dressing (plasters)	Yes
Insect repellent (DEET based, 50% minimum)	Yes
Compede blister pads	Yes
Antiseptic spray/wipes	Yes
Antibacterial hand gel	Yes
Rehydration Drinks/Powders	Yes
Any medication you normally use (in correctly labelled packaging - pack in hand luggage)	Yes

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