

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 the Oman 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 (a maximum of 25 litre capacity. A light-weight day sack is ideal for trekking in warm climates)
- Rucksack/Duffle bag as your main kit bag

SLEEPING

- 2 season sleeping bag
- Sleeping bag liner (ideal for warm nights)
- Sleeping matt

FOOTWEAR

- Walking boots with ankle protection
- Hiking / wicking socks
- Trainers or trail shoes for campsites
- Spare laces*

CLOTHING

- Lightweight long-sleeved shirt/t-shirt for protection from the sun
- Wicking t-shirts
- Lightweight fleece for evening
- Light weight trekking trousers (not jeans)
- Hiking shorts
- Hat to keep sun off
- Casual clothes for around camp
- Swimwear
- Sarong*
- Light weight scarf*
- Smart clothes for the celebratory meal*

GENERAL TREKKING EQUIPMENT

- LED head torch plus spare batteries
- Water bottles/hydration bladder (ability to carry a minimum of 3 litres)
- Water flavouring / hydration tablets ie. High Five Zero electrolyte tablets
- Sunglasses
- High energy snacks (tracker bars, dried fruit, nuts, salty snacks)
- Plastic bags for keeping clothes and docs dry or dry bags*
- Trekking poles*
- Camera*
- Contact lenses (plus spare glasses)*
- 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
- Shampoo/conditioner
- Travel towel
- Deodorant
- Tissue/toilet paper

- Nappy sacks for rubbish
- Insect repellent
- Aftersun/moisturiser
- Sun protection (min SPF 40)
- Hand sanitiser gel
- Anti-chafing cream*
- Dextrose tablets for extra energy*
- Dry shampoo*
- Dry wash*

DOCUMENTS

- Passport
- Tickets (given to you at the airport)
- Photocopy of passport
- Cash – AED Dirham
- Debit card
- Travel insurance

KEY * Indicates Optional

If you do not own some of this kit and do not wish to purchase new equipment, we highly recommend hiring kit from our partners at **Outdoorhire**. They hire good quality outdoor equipment and often hiring a quality piece of kit is better than purchasing a cheap version.

ALCOHOL

Please note that it is illegal to bring alcohol into Oman and bags are often searched on arrival into the airport!

LAWS AND CUSTOMS

Please visit the website below for laws and custom advice in Oman: <https://www.gov.uk/foreign-travel-advice/oman/local-laws-and-customs>

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 trekking poles.

In hot, dry conditions your day sack will be much more comfortable if it has good back ventilation, and hydration compatibility is vital in the heat. Look out for the water drop icon. You should be able to fit all your kit in a 25 litre day sack.

CLOTHES

Temperatures can fluctuate enormously between day and night in the desert so lots of light layers are key. Make sure that you wear and test your kit before arrival, particularly your hiking boots. Please ensure you bring a pair of trainers for wearing around camp in the evenings. Wear good fitting wicking socks for keeping feet dry and preventing blisters. Look for Merino wool blends (best) or Coolmax polyester blends (good). While polyester is good for wicking moisture, it is not anti-bacterial. Taking good care of your feet is imperative on treks in warm climates.

SLEEPING

Look for a sleeping bag 'Comfort Rated' as close to the anticipated minimum temperature for your trek. In the desert this might be colder than you'd imagine so make sure yours is rated according to the kit list recommendations. Don't forget a silk sleeping bag liner for extra comfort without taking up too much space in your pack plus this is ideal for warmer nights of camping.

HYDRATION

With high daytime temperatures and exercise, your fluid needs increase dramatically and hydration is vital, not least to prevent heat exhaustion. There are various ways to get the right fluids into your body, with most people using either hydration bladders or bottles. Another alternative is a widemouth bottle with a drinking tube adaptor ([click here](#) for an example). This set up is easy to fill in trekking conditions and is more versatile than a bladder. Also, please ensure you have a good supply of hydration tablets ie. High Five Zero electrolyte tablets. Feel free to bring water flavouring sachets as well.

SUN EXPOSURE

The sun's UV index is much higher in Oman than in the UK so please ensure you have a sufficient amount of sun screen. Wear a broad-brimmed hat and make sure that you apply sun-screen to exposed areas, not forgetting the backs of your hands, ears and neck. A light-weight long sleeved shirt is ideal and don't forget to take an SPF stick for your lips as well.

CAMPING

Being organised when camping can make life far more comfortable and few things help organisation better than a set of dry bags. They help compartmentalise your kit and keep wet and damp kit separate, and valuables dry. An LED head torch is probably going to be the most useful bit of kit you take; finding stuff at night, reading, going to the loo will all be much easier with a head torch. Also, for a make-shift pillow, put some of your clothing in your sleeping bag cover.

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, particularly on desert treks where blisters are a problem. Tape up your feet before trekking and this will reduce the chance of you developing hotspots. Hand hygiene is vital on trek, wash your hands thoroughly before eating and use hand sanitiser gel when water isn't available. Personal hygiene is imperative on group trips to try and avoid any illness spreading.

