

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 Sahara Desert 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
- Rucksack/Duffle bag

SLEEPING

- 2-3 season sleeping bag

FOOTWEAR

- Walking boots with ankle protection
- Hiking socks
- Training/comfy shoe for evenings
- Spare laces*

CLOTHING

- Lightweight long-sleeved shirt/t-shirt to cover from midday sun
- Wicking t-shirts
- Trousers – lightweight cargo, avoid jeans
- Lightweight fleece for evening
- Trekking trousers (not jeans)
- Shorts
- Swimwear
- Comfy footwear for evening
- Hat to keep sun off
- Gaiters
- Casual clothes for around camp
- Hiking shorts*
- Smart clothes for the celebratory meal*

GENERAL TREKKING

EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 3l
- Sunglasses
- High energy snacks (tracker bars, dried fruit, chocolate, nuts)
- Plastic bags for keeping clothes and docs dry
- Walking 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 supports*

TOILETRIES

- Personal toiletries
- Lip salve
- Shampoo/conditioner
- Travel towel
- Tissue/toilet paper
- Insect repellent containing DEET
- Malaria tablets under advice from your GP

- Aftersun/moisturiser
- Sun protection (min factor 30)
- Dextrose tablets for extra energy*
- Dry shampoo*
- Dry wash*

DOCUMENTS

- Passport
- Visa
- Tickets (given to you at the airport)
- Photocopy of passport
- 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.

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.

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.

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. Another handy tip is to keep your camera in your sleeping bag as you sleep. This will conserve the battery, which runs down quickly in cold temperatures.

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 water 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.

SUN EXPOSURE

The sun is dangerous and must be treated with respect. Wear a broad-brimmed hat and make sure that you apply sun-screen to exposed areas, not forgetting the backs of your hands and the tops of your feet if barefoot or in sandals. A long sleeved shirt will also provide a physical barrier to sunburn 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.

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 keep a bottle of anti-bac or dry wash gel handy for when water isn't available.

