

simien mountain trek, 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.

Try to use your equipment before you go – particularly your rucksack, cycling kit, boots and sleeping bag (if camping) – this will show up any manufacturing faults and whether they are comfortable enough. Good footwear and care of the feet is most 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.

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 it. 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 - and make sure you have an adequate supply. 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 challenge while we relocate any missing baggage.

item	take it?
baggage and sleeping	
Large waterproof rucksack or kit bag (60 – 90 litre capacity - a suitcase is not appropriate)	Yes
Outer cover or strong inner liner for main bag -protects from mule sweat!	Yes
Day rucksack (30 – 35 litre capacity) – waterproof (must have a good waist strap to be able to carry 6 kg of weight)	Yes
Sleeping bag - 4 seasons is required plus a fleece liner	Yes
Sleeping mat – a Thermarest is ideal as you need a good one!	Yes
clothing	

Long-sleeved shirt for evenings	Yes
T-shirts or Dri Flo/wick-away t-shirts	Yes
Windbreaker (or optional down jacket / ski jacket)	Yes
Fleece	Yes
Thermal long johns and vests x 2	Yes
Trousers (such as lightweight cargo trousers, avoid jeans) x 2 at least	Yes
Shorts	Yes
Swimwear (swimming pool at the Addis hotel)	Optional
Underwear (light and loose)	Yes
Socks (hiking and leisure) x 4 at least	Yes
Dress/Skirt/Sarong	Optional
Lightweight waterproofs (jacket and trousers)	Yes
Walking boots (sturdy well worn in boots – not trainers or trainer boots)	Yes
Trainers (for evenings)	Yes
Wide brimmed sun hat for day, thermal balaclava or fleece hat for nights	Yes
Insulated gloves/mittens and ALSO thermal inner gloves	Yes
Scarf or bandana or dust mask	Yes
hygiene	
Toothbrush & toothpaste, antibacterial biodegradable soap , lip and nose sun protection/zinc stick, lip salve, antibacterial wipes, nail brush, dry wash, foot powder	Yes
Razor & cream / oil, sanitary products, travel towel, deodorant, toilet paper/tissues, hairbrush/comb, Vaseline	Yes
health	
Insect repellent (containing DEET)	Yes
Malaria tablets (seek advice from your GP)	Optional
After sun / moisturiser	Yes
Sun protection (factor 30 minimum)	Yes
Oral rehydration sachets x 20	Yes
Water purification tablets or drops / Iodine	Yes
Neutralising tablets	Optional
Dextrose tablets x 2 packs	Yes
documents (where relevant, please leave a copy at home with your next of kin)	
Passport (with 6 months to run from end of challenge)	Yes
Visa (see Ethiopia fact file)	Yes
Air travel tickets (you will receive these at the airport)	Yes
Passport photographs and photocopy of passport pages (kept separately from passport)	Yes
Cash (in Dollars)	Yes
Travellers cheques	Optional
Credit card	Yes
Travel insurance (taken out with Charity Challenge)	Yes
Vaccination certificates (not needed as a condition of entry however very useful if medical attn needed in country, originals not necessary)	Optional
other	
Camera & spare battery and memory card. Binoculars	Optional
Sunglasses	Yes
High energy snacks (tracker bars, dried fruit and nuts)	Yes
Contact lenses (bring spare lenses and glasses in case of dust)	Optional
Gaffa tape (for emergency repairs) & Paracord	Yes
Sewing kit, spare boot laces	Optional
Note book and pen(s)	Yes
Alarm clock / watch	Optional
Head torch (with spare batteries and bulb)	Yes
Water bottles (2 x 2 litre bottles - Platypus type are best but pipes may freeze at summit)	Yes

Small steel thermos flask (ideal for hot drinks at night or cold on summit day)	Yes
Ear plugs	Optional
Re-sealable plastic bags (for dirty washing etc)	Yes
One or two stout plastic bags (like garden refuse bags) to line & waterproof your main pack	Yes
Telescopic walking poles with rubber tips	Yes
small first aid kit	
Pain killers / Paracetamol (no Ibuprofen if taking Diamox)	Yes
Adhesive dressing (plasters) & Compeed blister pads (heel)	Yes
Rehydration sachets (2 per day)	Yes
Anti-histamine tablets (i.e: Piriton)	Yes
Motion sickness tablets	Optional
Antiseptic wipes x 10	Yes
Diarrhoea tablets	Yes
Any medication you normally use	Yes