

RUCKSACKS AND BAGS

- Rucksack 45-60L
- Waterproof liner/black bin bag

SLEEPING

- 1 season sleeping bag or Sleeping bag liner
- Sleeping mat/Thermarest

FOOTWEAR

- Walking boots with ankle protection
- Hiking socks at least 4 pairs, of which one thermal
- Sturdy river shoes with toe protection

CLOTHING

- Casual clothes for around camp
- Cycling/gardening gloves (to protect hands when grasping rope/trees on steep descents)
- Lightweight fleece
- Lightweight waterproof jacket/poncho.
- Long-sleeved shirts
- Scarf/bandana/face towel (for sweat!)
- Sun hat
- Swimwear
- Trekking trousers (not jeans)
- Wicking t-shirts

GENERAL TREKKING EQUIPMENT

- LED Head torch plus spare batteries
- Set of dry bags/plastic bags for keeping clothes and docs dry
- Water bottles/bladder min 3L
- Sunglasses
- High energy snacks tracker bars, dried fruit, chocolate, nuts

SMALL FIRST AID KIT

- Pain killers
- Plasters
- Insect bite cream
- Zinc oxide tape
- Compeed blister pads
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Your own medication

TOILETRIES & MEDICAL

- Personal toiletries
- Anti-bacterial hand wash
- Shampoo/conditioner
- Travel towel
- Deodorant
- Tissue/toilet paper
- Insect repellent containing DEET
- Malaria tablets under advice from your GP
- After sun/moisturiser
- Sun protection min factor 30

DOCUMENTS

- Passport
- Tickets (received at airport)
- Photocopy of passport
- Cash
- Credit card
- Travel insurance

OPTIONAL

- Alarm clock/watch
- Camera
- celebratory meal
- Contact lenses (with spare glasses)
- Deep heat
- Dextrose tablets for extra energy
- Dry shampoo
- Dry wash
- Ear plugs
- Fruit cordial for water
- Gaffa tape for emergency repairs
- Hiking shorts
- Knee supporters
- Sandals for evening
- Spare laces
- Walking poles
- Mosquito net

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. Often hiring high quality piece of equipment is better than purchasing a cheap version.

MAKING THE MOST OF YOUR KIT

PACKING

You will be carrying all of your gear throughout the trekking section of the challenge, including your sleeping bag, clothes, river shoes etc. Therefore a mid-size rucksack of around 45-60L, with a thick waist strap, is essential. You can leave your main bag in the eco-lodge in Bukit Lawang. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. A set of dry bags or waterproof bags are really useful for compartmentalising kit and keeping dry things separate from wet.

As you will be carrying all of your gear, we recommend packing as light as possible, and more importantly, training with all of this weight. You should allow for the following items in your backpack for the trekking section: 3 shirts, 2 pairs of trousers, a swimsuit, waterproof jacket/poncho, underwear, river shoes, toiletries, sarong/camping towel, hat, light sleeping bag/liner, mat, first aid kit, head-torch, walking poles, camera, wash kit and water bottle.

SLEEPING

Even in warm humid conditions you need a sleeping bag to ward off the early morning chill. You may want to consider a very lightweight sleeping bag that packs down small. Some people have been absolutely comfortable with just a silk sleeping bag liner rather than a bag. Temperatures in Sumatra are still relatively high at night but go with your personal instincts – if you get cold at night then pack a lightweight bag. Mosquito nets are **not** provided but there are minimal mosquitoes at night. Using a repellent with DEET will be sufficient but if you would like to be sure, you can bring a net that just covers your head.

CLOTHES

A top quality breathable waterproof jacket is vital; it rains frequently in the rainforest. In the evenings after a long, sweaty day in your boots it's a good idea to give your feet a bit of TLC. Get your boots and socks off, wash and apply talcum powder and then slip into a pair of sport sandals so your feet can air. Sport sandals are also supportive and secure enough to be perfect for wading rivers when you want to keep your boots dry. In humid conditions it's a good idea to keep two sets of light clothing, one for day and a second, dry set for evenings in camp. Keep the dry set in a roll top dry bag to ensure it stays dry.

HYDRATION

With physical exertion in hot, humid conditions your fluid needs increase dramatically. Adequate hydration is vital and dehydration can have serious consequences for your trek and your health. There are various ways to get the right fluids into your body, with many people using water bladders or a wide mouth bottle with a drinking tube adaptor. It is also worth adding oral rehydration tablets or electrolyte powders to your water. Make sure you follow the mixing instructions on the pack. Water on the trek is boiled to reduce the use of plastic bottles. However you may wish to take water purification tablets with you and fruit cordial to make it taste better.

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. Mosquito and other biting insects live in the jungle and a high DEET content insect repellent can be invaluable in keeping them off. Also, good hand hygiene is essential in the jungle where facilities are very basic. Remember your anti-bacterial hand gel and wash at every opportunity.

CAMPING

The jungle is dark when the sun goes down; make sure that you have a good quality LED head torch so you can find your gear and your way to the loo at night. Keep your kit organised and dry by compartmentalising it in small dry bags within your pack. Also, keep a puzzle/trick/card game in mind for those long evenings at the campsite!! You will not have any phone signal, electricity or light aside from head torches, so bringing a game may endear you to the group!

