

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. We have tried to pare down this kit list to the absolute must-haves for your trip, 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

- Rucksack 45-60L
- Soft shelled bag to leave additional kit not needed for the trek
- Waterproof liner

SLEEPING

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

CLOTHING

- Lightweight trekking trousers (not jeans)
- Waterproof, breathable jacket
- Lightweight fleece
- Long sleeve wicking T shirts
- Cycling/gardening gloves for grasping ropes and trees
- Sun hat
- Sunglasses
- Casual clothes for around camp
- Sweat band*
- Cotton scarf/buff for sun protection*
- Waterproof trousers*
- Hiking shorts*
- Smart clothing for celebration meal*
- Swimwear (dependent on accommodation)*

GENERAL TREKKING EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 3L
- Personal high energy snacks (cereal bars, dried fruit, chocolate, nuts)
- Travel towel
- Plastic bags for keeping clothes and docs dry
- Talcum powder*
- Camera*
- Mosquito net*
- Gaffa tape for emergency repairs*
- Alarm clock/watch*
- Fruit cordial for water*
- Ear plugs*
- Walking poles*

KEY * Indicates Optional

FOOTWEAR

- Walking boots with ankle support
- Hiking socks
- Sturdy river shoes with toe protection
- Comfy shoes / sandals for evenings*
- Spare laces*

SMALL FIRST AID KIT

- Your own medication
- Pain killers
- Plasters and blister plasters (eg Compeed)
- Zinc oxide tape
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Dextrose tablets for extra energy*
- Water purification tablets*
- Deep heat*
- Knee support*

TOILETRIES

- Personal toiletries
- Anti-bacterial hand gel
- Tissues/toilet paper
- Insect repellent containing DEET
- Sun protection (min factor 30)
- Aftersun/moisturiser
- Dry wash*
- Contact lenses (plus spare glasses)*
- Baby wipes*

DOCUMENTS

- Passport
- Tickets
- Photocopy of passport
- Money – see Challenge trip notes
- Copy of travel insurance

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**. You can hire 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

LUGGAGE AND 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 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 as 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.



