

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 your Burma 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 30-40L
- Rucksack/Duffle bag 70-90L
- Waterproof liner*

SLEEPING

- Sleeping bag liner*

FOOTWEAR

- Walking boots with ankle protection
- Hiking socks at least 4 pairs, of which one thermal
- Trainers/comfy shoes for evenings
- Spare laces*

CLOTHING

- Waterproof and breathable jacket GORE-TEX recommended
- Wicking t-shirt (no vest tops)
- Lightweight fleece
- Trekking trousers (not jeans)
- Shorts
- Casual sightseeing clothes
- Sarong (for privacy whilst washing)
- Hiking shorts*
- Smart clothes for the celebratory meal*
- Swimwear*

GENERAL TREKKING EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 3L
- Sunglasses
- High energy snacks
- Plastic bags for keeping clothes and docs dry
- Walking poles*
- Camera*
- Contact lenses (with 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

- Toothbrush, toothpaste, soap, babywipes, lip salve
- Shampoo/conditioner
- Travel towel
- Deodorant
- 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
- Photocopy of passport
- Cash in US dollars
- Debit card
- 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. Often hiring 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. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack. Your main bag will be transported from place to place by the Charity Challenge staff, but you will need to carry it up the stairs to the monasteries so a duffel bag or rucksack is essential.

SLEEPING

You will be provided with blankets at each monastery, so you do not need a full sleeping bag. However, we recommend a sleeping bag liner for hygiene reasons. Night time temperatures will be approximately 15 degrees, so it is still warm enough to sleep under a liner and blankets.

CLOTHES

Temperatures can fluctuate a lot from day to night, so make sure you pack your fleece and long sleeved tops for the evening. Lots of light layers are key, as although it should be warm during the day, there is always the possibility of rain in South-East Asia and you will want to be able to layer up or down as you are. We also recommend a sarong for use after the bucket showers in the monasteries. Our training weekends are great places to test your kit out and discuss the right kit with the experts.

HYDRATION

During exercise your fluid needs increase dramatically and hydration is vital. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. Another alternative is a widemouth bottle with a drinking tube adaptor (click [here](#) for an example).

HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Hand hygiene is really important in Burma, particularly as the toilet facilities are basic, so don't forget your anti-bac hand gel. 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. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck. Don't forget to take an SPF stick for your lips as well.