

little tibet 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), as this will show up any manufacturing faults. Good footwear and care of the feet is especially 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).

Please check the luggage allowance with the airline that you are flying with and ensure that you do not exceed their regulations. Your main bag on the trek should not weigh more than 15kg if being carried by porters or guides. In line with our responsible tourism policy, it is important not to overload the porters and transfer agents who have to carry and transport your pack. 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 anything you will need again before or during the flight, such as medicine. 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 a 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 consult the guidelines at <https://www.gov.uk/hand-luggage-restrictions/overview>.

Do not 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 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.

Important: The weather can vary greatly even within a very short period of time. You must be prepared for cold and wet weather at all times. Please pay particular attention to the kit that will keep you warm and dry ie. waterproofs, jacket, fleece etc. It is a good idea to wrap everything inside your main bag in plastic bags, so if it rains, your kit and especially your sleeping bag is less likely to get wet.

item	take it?
baggage and sleeping	
Large rucksack / soft bag (waterproof essential. A suitcase is not appropriate)	Yes
Day rucksack (for sun-cream, camera, spare battery and memory card, water bottles etc)	Yes
Sleeping bag (4 season – anything less may not be warm enough)	Yes
Sleeping mat (ie: thermarest; you will be provided with a basic mat so only take your own as <u>extra</u> comfort)	Optional

clothing	
Long-sleeved shirt (for wear at any religious sites and to cover you from the sun)	Yes
T-shirts	Yes
Fleece	Yes
Warm/ down jacket	Yes
Thermals (for cold nights)	Yes
Trousers (such as lightweight cargo trousers, avoid Jeans)	Yes
Shorts	Optional
Swimwear (for use in streams if you wish)	Optional
Underwear	Yes
Socks (hiking/leisure)	Yes
Dress/Skirt/Sarong	Optional
Lightweight water & wind proof (jacket & trousers)	Yes
Walking boots (sturdy well worn in boots)	Yes
Ankle Gaiters (for stopping grass scratches and rashes)	Optional
Trainers for evenings	Optional
Sandals/Flip Flops (Delhi)	Optional
Wide brimmed sun hat & sunglasses	Yes
Bandana /scarf (to avoid dust and sunburn)	Yes
Warm hat & scarf & gloves	Yes
hygiene	
Toothbrush & toothpaste, soap (anti bacterial & bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, antiseptic wipes, anti-bacterial hand gel, deodorant, toilet paper/tissues, travel towel	Yes
Razor & cream, sanitary products (cannot buy in India), shower gel, hairbrush/comb, Vaseline	Optional
health	
Insect repellent (containing DEET for Delhi)	Yes
Vitamins	Optional
Malaria tablets (seek advice from your GP however not necessary for Ladakh)	Optional
After sun/moisturiser	Yes
Sun protection (factor 30 minimum)	Yes
documents (where relevant, please leave a copy at home with your next of kin)	
Passport & photocopy of personal details and visa page	Yes
Visa (see the General Travel Advice in your Members Area for more information)	Yes
Air travel tickets (you will receive these from our representative at the airport)	Yes
Drivers licence	Optional
Passport photographs	Optional
Cash (change at Delhi airport into Rupees)	Yes
Travellers cheques	Optional
Credit card	Yes
Travel insurance	Yes
Vaccination certificates (not needed as a condition of entry however very useful if medical attn needed in country, originals not necessary)	Yes
other	
Adjustable walking pole rubber tipped (highly recommended. Try to fit into main hold luggage)	Optional
Camera & spare battery and memory card	Optional
Binoculars	Optional
Sunglasses with UVA & UVB protection	Yes
High energy snacks (tracker bars, dried fruit and nuts – nuts and dried fruit will be provided)	Optional
Glasses / Contact lenses (bring spare lenses, and glasses in case of dust)	Optional
Penknife (pack in main luggage)	Optional
Gaffa tape & Cord or string (for emergency repairs)	Optional

Sewing kit	Optional
Note book and pen	Optional
Alarm clock / watch	Optional
Torch (with spare batteries and bulb - head torch recommended)	Yes
Water bottle & water bladder (two x 1litre bottles minimum)	Yes
Ear plugs & eye mask	Optional
Re-sealable plastic bags (for dirty washing etc)	Optional
Spare boot laces	Yes
small first aid kit	
Pain killers/Paracetamol	Yes
Adhesive dressing (plasters)	Yes
Compeed blister pads	Yes
Re-hydration sachets (2 per trekking day)	Yes
Antiseptic spray	Optional
Diarrhoea tablets	Yes
Insect repellent (DEET based)	Yes
Anti-histamine tablets (i.e: Piriton)	Yes
Motion sickness tablets	Optional
Any medication you normally use	Yes