

preparing for your challenge



General kit list Trekking challenges

What to Pack

This kit list is a general guide for our worldwide trekking/hiking events, based on our experience of this type of challenge. A tailored kit list specific to your event will be provided closer to your departure date.

We do not recommend packing anything that you haven't tested regularly in training.

When the time comes to pack for your challenge, we recommend packing as lightly as possible, ideally in a soft yet robust bag. Your luggage will be transported between accommodations in a van each day during the challenge, so it should be durable.

It can be useful to keep a day's worth of clothing in your hand luggage in case the airline inadvertently separates you from your main bag. Always pack your hiking boots in your hand luggage or wear them on the flight.

Items listed here are purely recommendations, so please consider your personal preferences and common sense.

enjoy the event!

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Item	Recommended / Essential	How Many?	Notes	Tick
BAGGAGE				
Large Duffel Bag – you need to be able to move your luggage at hotels and airports	Essential	1	Recommend no more than 15-20 kg.	<input type="checkbox"/>
Day Bag / Small Rucksack	Essential	1	For carrying essential items and water while trekking.	<input type="checkbox"/>
KIT FOR TREKKING & CLOTHING				
Walking boots and spare laces	Essential	1 pair	Wear your boots on the plane or take in hand luggage for flight.	<input type="checkbox"/>
T-Shirts / breathable T-Shirts	Essential	3 minimum		<input type="checkbox"/>
Long sleeved lightweight T-Shirts	Recommended	2		<input type="checkbox"/>
Full length lightweight hiking trousers	Essential	2	Useful to have zip off legs. Long trousers are also to protect against insects, stinging- and scratching plants	<input type="checkbox"/>
Neck Buff – protect neck and face from the sun and dust	Recommended	1		<input type="checkbox"/>
Socks, including anti-blister or double lined socks for trekking days	Essential	1 pair for each day	Take 1 pair in hand luggage for flight.	<input type="checkbox"/>
Lightweight-breathable waterproof jacket and trousers	Essential	1 of each		<input type="checkbox"/>
Sunglasses – with UV protections	Essential	1 of each		<input type="checkbox"/>
Wide brimmed sunhat	Recommended	1	You can also take a cap, but white brimmed hats are better to protect you from the sun	<input type="checkbox"/>
Long sleeve light jumper for evenings	Essential	1	Please note that evenings can be colder	<input type="checkbox"/>
Casual clothes for evenings, travelling and transfer days	Essential		Please note that evenings can be colder	<input type="checkbox"/>
Sandals / trainers for evenings, travelling and transfer days	Essential			<input type="checkbox"/>
Bum bag / over shoulder and bag	Recommended	1		<input type="checkbox"/>
Celebration evening outfit	Recommended	1 outfit	Smart/Casual	<input type="checkbox"/>
Swimwear	Recommend	1 outfit		<input type="checkbox"/>

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EQUIPMENT & OTHER				
Small waterproof bags – to keep essential items dry	Recommended	1	Can use plastic bags	<input type="checkbox"/>
Telescopic walking stick or walking poles	Recommended	1	Pack in main/hold bag, not allowed in hand luggage	<input type="checkbox"/>
Mobile phone and charger	Essential	1		<input type="checkbox"/>
Camera and charger (extra batteries)	Recommended	1		<input type="checkbox"/>
Adapter / Travel plug	Essential	1		<input type="checkbox"/>
Portable charger (USB charger or solar charger)	Recommended	1		<input type="checkbox"/>
Reusable water bottles and/or hydration pack	Essential	To carry minimum of 2 litres	Advise to use one water bottle for rehydration sachets / electrolytes sachets	<input type="checkbox"/>
Energy snacks – for between meals and when trekking	Essential	As required	Please bring things you like and are used to e.g. jelly/sugar sweets, cereal bars, energy bars, salted nuts	<input type="checkbox"/>
Torch or head torch	Essential	1	Useful when trekking through dense forest, dimming light and for unforeseen circumstances	<input type="checkbox"/>
Binoculars	Recommended	1		<input type="checkbox"/>
Rehydration sachets / tablets – try to use them when training to see if they suit you	Essential	1 or 2 per day	Essential to replace lost salts,	<input type="checkbox"/>
Purse / Wallet or money belt	Essential	1	Make sure your money and passport are always safe. Note this is your responsibility.	<input type="checkbox"/>
Contact lenses / glasses	Essential if needed	As required	Bring spares	<input type="checkbox"/>
Padlock for main luggage	Recommended	1	For flight and when you are not with your luggage	<input type="checkbox"/>
Ear plugs	Recommended	1 pair	Useful when room sharing	<input type="checkbox"/>

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HYGIENE & PERSONAL FIRST AID KIT				
Toothbrush, Toothpaste, Shampoo, Soap - Body Wash, SPF Lip Balm, Deodorant, Tissues, Sun Lotion (minimum factor 30), After Sun / Moisturiser	Essential	As required		<input type="checkbox"/>
Anti-Bacterial Hand Gel	Essential	1 small bottle	Useful to use before meals and after use of toilets	<input type="checkbox"/>
Sanitary Products	Recommended	As required	Women are advised to take tampons / sanitary towels irrespective of period timings	<input type="checkbox"/>
Insect / mosquito repellent	Essential	As required	Also discuss with GP or Travel Clinic	
Personal first aid kit with over-the-counter medicines: paracetamols / ibuprofen, Anti-Inflammatories (not for asthmatics), Anti sickness tablets, Diarrhoea Relief, wound cleaning spray or wipes, Plasters, Blister Plasters, steri-strips, Antihistamine Cream, ORS tablets or sachets	Essential	Supplies of all		<input type="checkbox"/>
Sufficient supplies of any existing medication (e.g., Inhalers, Epi Pen) – also bring a copy of your prescription	If applicable	As required	Anyone who takes medication, please bring a list of what you take in your day bag	<input type="checkbox"/>
DOCUMENTS				
Passport and a copy	Essential		Copy needed in case passport is lost. Bring a hard copy and a copy on your phone.	<input type="checkbox"/>
Travel Visa	If applicable			<input type="checkbox"/>
Travel Tickets	Essential			<input type="checkbox"/>
Credit Card / Debit Card	Essential		Let your bank know you are travelling abroad	<input type="checkbox"/>
Vaccination Certificates	If applicable		Speak to your GP or Travel Clinic well in advance for any (repeat) inoculations. Please always take you vaccinations papers/booklet with you.	<input type="checkbox"/>
Local cash in small denominations	Essential			<input type="checkbox"/>