



preparing for you challenge:

kit list

What to Pack

Using our experience of this type of event and working in conjunction with the local guides we have compiled a suggested kit list for your guidance.

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 in a truck during each day of the challenge, so 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.

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

enjoy the event!

Item	Recommended / Essential	How many?	Notes	Tick
BAGGAGE				
Large Duffel Bag -you need to be able to move your luggage at hotel and airports.	Essential	1	Recommended no more than 15kg. This bag will be transported by the event vehicle between accommodations.	<input type="checkbox"/>
Day Bag / Small Rucksack	Essential	1	For carrying items while trekking.	<input type="checkbox"/>

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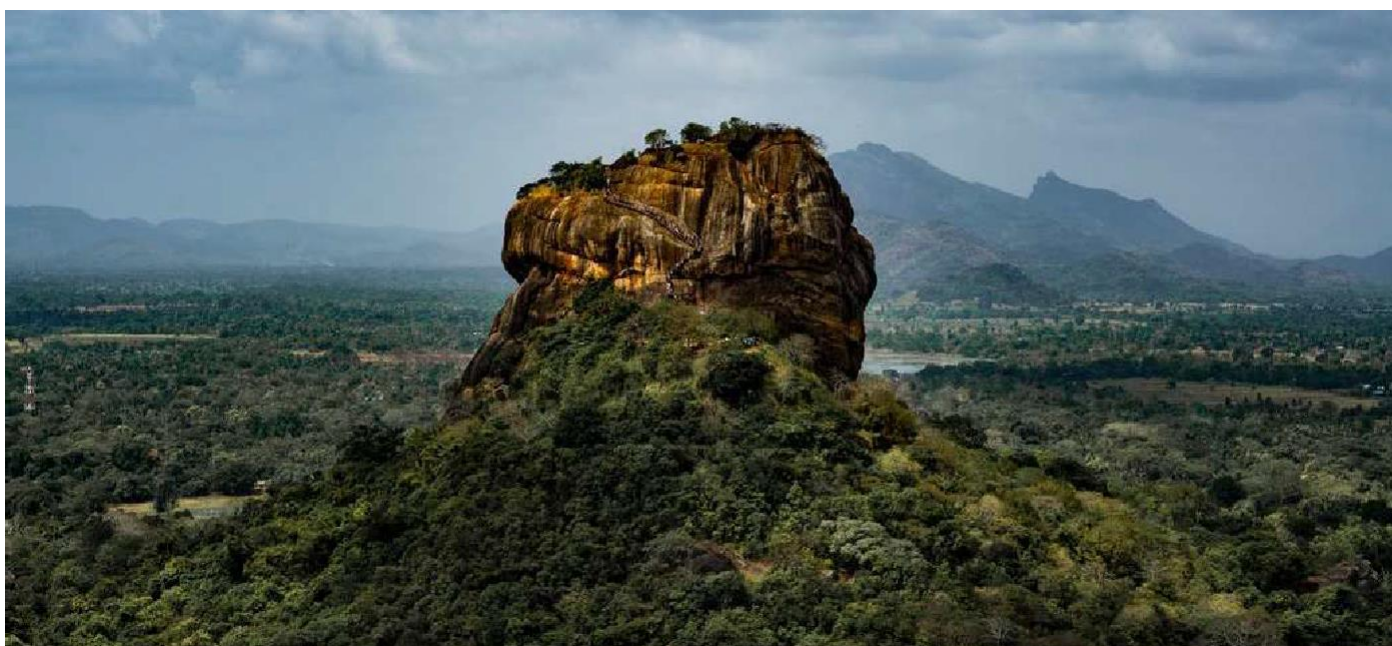
Item	Recommended / Essential	How many?	Notes	Tick
KIT FOR TREKKING AND CLOTHING				<input type="checkbox"/>
Walking boots and spare laces	Essential	1 pair	Take in hand luggage for flight.	<input type="checkbox"/>
T-Shirts / breathable T-shirts	Essential	3 minimum	Take 1 in hand luggage for flight.	<input type="checkbox"/>
Long sleeved lightweight T-Shirts	Recommended	2		<input type="checkbox"/>
Full length lightweight trousers	Essential	2	Breathable and lightweight. Useful to have zip off legs.	<input type="checkbox"/>
Loose fitting long shorts	Essential	2	If you do not have zip off trousers.	<input type="checkbox"/>
Fleece	Recommended	1		<input type="checkbox"/>
Neck Buff - protect neck and face from sun, dust and the cold	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"/>
Underwear	Essential	1 per day	Take 1 in hand luggage for flight.	<input type="checkbox"/>
Lightweight waterproof jacket and trousers - for if there is the occasional shower	Essential	1 of each		<input type="checkbox"/>
Sun glasses - with UV protection	Essential	1		<input type="checkbox"/>
Wide brimmed sunhat	Recommended	1		<input type="checkbox"/>
Casual clothes for evenings, travelling and transfer days.	Essential	1 outfit per day		<input type="checkbox"/>
Sandals / trainers for evenings, travelling and transfer days - comfortable footwear	Essential	2 pairs		<input type="checkbox"/>
Bum Bag / over shoulder hand bag	Recommended	1		<input type="checkbox"/>
Celebration evening outfit	Recommended	1 outfit	Smart / Casual.	<input type="checkbox"/>
Sleepwear - suitable for sharing	Essential	1 outfit		<input type="checkbox"/>
Light jumper for cooler evenings	Recommended	1		<input type="checkbox"/>



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EQUIPMENT AND OTHER				
Small waterproof bag- to keep essential items dry	Recommended	1	Can use sandwich bags	<input type="checkbox"/>
Telescopic walking stick or walking poles	Recommended	1	Pack in main bag	<input type="checkbox"/>
Mobile phone and charger	Essential	1	Please tell the office your mobile number	<input type="checkbox"/>
Camera and charger	Recommended	1		<input type="checkbox"/>
Travel plug	Essential	1	Top tip - bring an extension lead so you only need 1 travel plug	<input type="checkbox"/>
Water bottle or hydration pack	Essential	To carry 2 litres		<input type="checkbox"/>
Energy snacks - for between meals and when trekking.	Essential	As required	Please bring things like 'jelly/sugar sweets, cereal bars, energy bars, salted nuts'	<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 is safe at all times	<input type="checkbox"/>
Contact lenses / glasses - bring spares	Essential if needed	As required		<input type="checkbox"/>
Padlock for main luggage	Recommended	1	For flight and when you are not with your luggage	<input type="checkbox"/>
Ear plugs - useful when room sharing	Recommended	1 pair		<input type="checkbox"/>
Plastic bags - for dirty washing	Recommended	4		<input type="checkbox"/>
Wetwipes	Recommended	1 small packet		<input type="checkbox"/>



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HYGIENE AND PERSONAL FIRST AID KIT				
Toothbrush, Toothpaste, Shampoo, Body Wash, SPF Lip Salve, 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	<input type="checkbox"/>
Sanitary Products - women are advised to take tampons / sanitary towels irrespective of timing	Recommended	As required		<input type="checkbox"/>
Painkillers, Anti-Inflammatories (not for asthmatics), Diarrhoea Relief, Antiseptic Wipes, Plasters, Blister Plasters, Antihistamine Cream	Essential	Supplies of all		<input type="checkbox"/>
Sufficient Supplies of any Existing Medication (e.g. Inhalers, Epi Pens) - also bring a copy of your prescription	If applicable	As required		<input type="checkbox"/>
DOCUMENTS				
Passport and a Copy	Essential		Copy needed in case passport is lost	<input type="checkbox"/>
Travel Visa	If applicable			<input type="checkbox"/>
Travel Tickets - will be given to you at the airport	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 Travel Nurse	<input type="checkbox"/>
Local cash in small denominations	Essential		Approximately £150-£200 worth	<input type="checkbox"/>