

INDIVIDUAL KIT LIST (sample)

Base layer

2	T shirts
2 pair	Thin liner socks
3 pair's	Heavy duty walking socks
3 pair's	Underwear
1 set	Thermals

Warmth layer/trekwear

1	Fleece jacket
1 pair	Gloves and / or mitts
1	Wool or fleece hat
1	Long-sleeved shirt or equivalent
2 pairs	Comfortable, strong, quick drying trousers
1 pair	Comfortable cotton shorts or equivalent

Protective layer

1	Wide-brimmed sunhat (not baseball cap)
1	Waterproof & windproof jacket with hood (sturdy)
1 pair	Waterproof over-trousers

Equipment

1	Bathing costume
1 pair	Walking boots with semi rigid sole and good ankle support
1 pair	Sandals with ankle strap or old trainers
1	Large rucksack (65 litre minimum)
1	Rucksack liner (tough bin bag style or sophisticated waterproof bag)
1	Day sack/small rucksack (30 litres, will be carried on main trekking Phase)
1	Three-season sleeping bag and compression sack
1	Sleeping bag liner
1	Sleeping mat
1	Head torch
3	1 litre water bottle or hydration system (ideally 1 bottle and 2x1 litres hydration systems)
1 pair	sun glasses
1	Whistle
1 set	Fork/spoon, mug and plate/bowl (bowl is generally more practical)

Health and Hygiene

1	Washing kit
1 roll	Toilet paper
1	Large pack wet wipes or antibacterial gel
1	Insect repellent
1	Tube sun block/high factor sun cream
1	Tube lip sun block
1	Towel (not beach towel but a travel size towel)
Sufficient	Soap (biodegradable) for body, hair, and clothes
Sufficient	Sanitary products (females)
Sufficient	Foot powder (antibacterial)
Sufficient	Personal medication (i.e. ventolin inhalers/skin cream etc)
1	Personal first aid kit – to include:
	Antiseptic cream/wipes
	Assorted plasters
	Blister kit
	Antihistamine (not triludan)
	10 x re-hydration sachets i.e. dioralyte
	Pain killers i.e. paracetamol

Ancillaries

1	Notebook and pen/journal
1	Small penknife
1	Money belt or pouch (fits round waist or neck)
1	Cheap waterproof watch
1	Set of re-sealable plastic bags for waterproofing kit

Group items (per 3/4 people or tent group)

1	Travel sewing kit
1	Spare pair of sunglasses
15m	Strong synthetic cord (paracord)
1	Roll thick waterproof plastic tape (Gaffa Tape)
1	Box waterproof matches/lighter

Documentation

1	Passport (must be valid for at least 6 months after return date)
3	Passport photos
3	Copies of key pages of passport
3	Copies of personal contact details

Optional items

1	Neckerchief/bandana
1	Paperback book
1 pack	Playing cards or similar recreational item (per tent group)
1 or 2	Walking poles (collapsible)