

# Equipment - Trekkers



The following is only a recommended guide of what you should consider bringing. A specific list will be given for your challenge, once you have booked your place. You will have to decide what you feel is essential. Check with your guidebook to see what may be needed and consult with your local GP for the current inoculations needed/recommended for the country being visited.

Each participant is restricted to one piece of luggage and one small day pack for the trek. Maximum weight allowance may be specified in your Event Manual.

Please remember to wear your hiking boots on the plane, as in the unlikely event of your luggage going missing you will still be able to continue with the challenge.

<b>Clothes</b>	
Light airy clothes/warm breathable clothes	Good pair of walking boots - WORN IN
Walking socks	Good Gortex jacket
Relaxing, light evening footwear	Cotton or silk socks
Jersey or fleece top	Waterproof jacket/trousers
Shorts	Long sleeved shirts
T-shirts	Underwear
Sun hat/wool hat	Swimsuit
Towel - small or quick-drying	Clothes for gala evening
<b>Toiletries (bio-degradable where possible)</b>	
Soap	Shampoo
Toothpaste/toothbrush	Female hygiene products
Lip balm (SPF)	Toilet paper & lighter
Sunscreen/Aftersun	Sunglasses
Hand sanitiser	Contact lenses etc
Wet ones	Ear plugs
<b>General</b>	
Hiking snacks (muesli bars, nuts, raisins)	Sleeping bag
Head torch/spare batteries & bulb	Roll mat/thermarest
Camera/film/memory cards/spare batteries	Walking stick/trekking pole
Water bottle/platypus	Large rucksack with lock
Bin liners	Small day pack
Money belt	Guidebook
<b>Documents</b>	
Passport & copy	Insurance & copy
Local currency/US Dollars/GB Pounds/Euro	Credit card
Travelers cheques	1 passport-sized photo
<b>First Aid</b>	
General inoculations prior to departure recommended by GP	
Painkillers	Anti-histamines
Anti-inflammatory - ibruprofen	Insect repellent
Antiseptic cream	Plasters
Knee supports	Blister kit - Compeed
Heat (muscle warmer rub)	Anti-diarrhoea tablets - Imodium
Water purification tablets	Prescription drugs