

KIT LIST - PROJECT

The kit you take on your trek can make the difference between being 'just a trek' or a 'memorable trek'. Our kit lists are put together with feedback from our own experiences and that of participants who have taken part in our previous trips. The items on this list do not take into account your personal preferences based on your previous trekking experiences, or individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on info@different-travel.com

*Please consider eco-friendly or biodegradable options.

ESSENTIAL	SUGGESTED	OPTIONAL
-----------	-----------	----------

DOCUMENTS + FLIGHT ESSENTIALS	✓
Passport and Copy	
E-Tickets	
Travel insurance	
ATM and credit card (s)	
Cash (US Dollars)	
Pen for immigration forms	
Sunglasses (preferably polarized)	
Mobile phone + charger + universal adaptor	
Camera + spare batteries	

LUGGAGE	✓
Suitcase/large holdall kitbag	
Daypack	
Hand Luggage (take note of dimensions from airline)	
Combination padlocks	

CLOTHING AND FOOTWEAR	✓
Sturdy boots or trainers for project	
Trainers/casual shoes for evenings	
Old clothes for project	
Socks and underwear	
Waterproof jacket and trousers	
Warm layer for evenings	
Casual clothes for time with community and sightseeing	
Sun hat with brim	
Gloves x2 (heavy duty for project)	
Flip flops for showers	
Neck cooling 'Cobber'/cooling towel and Buff	
Buff (for dust)	

HEALTH AND HYGIENE*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, shampoo, conditioner, shower gel, nail brush and nail care kit	
Personal first aid kit to include: prescription medicine, insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat), throat lozenges, decongestant, Vaseline	
Hairbrush/comb	
Feminine care products	

OTHER KIT	✓
Sleeping bag liner	
Sun block (high SPF)	
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	
1 ltr water bottle	
LED head torch + spare batteries	
Ear plugs	
Energy food/snack bars	
Electrolyte (e.g. NUUN)	
Water purification tablets (e.g. Biox Aqua)	
Swimwear	
Travel pillow	
Portable power bank	
Spare glasses/contact lenses	
Video camera + charger	
MP3 player/ipod	
Books/pack of cards	