



Find your inner adventurer and join our 8-day trek in Jordan:

TREK TO PETRA

23- 30 November 2024



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Trip overview

Jordan

Jordan is an Arabic country filled with contrasts. It is rich with culture and heritage, littered with Roman cities, castles, Biblical sites, lifeless seas and vast deserts. While the capital Amman is buzzing with a trendy mix of cafes, bars, art galleries and restaurants.

Petra

Petra is arguably the most iconic city in Jordan as it is an unmissable place that gives you a fabulous opportunity to imagine you are living out an Indiana Jones story as you walk to the dramatic 'lost' city. A UNESCO World Heritage Site and one of the world's New Seven Wonders, this ancient rock city was the capital of the Nabataean Kingdom, built around 2,300 years ago. The imposing rose-stone palaces are an impressive testament to the power and influence of the Nabataeans, who controlled trade around the area in the 3rd century BC. Petra is surrounded by hills in which tombs have been carved into the pink sandstone.

The Trek

This stunning and remote trek takes you on an adventure following an ancient Bedouin migration route to Petra, experiencing some of the most spectacular natural scenery in Jordan along your journey. This trek is voted by National Geographic as one of the world's best hikes and it is growing a reputation as the 'Inca Trail of the Middle East'. We will be covering up to 10 miles a day over 5 consecutive days of walking. Besides the stony desert landscape, there are sections of narrow trails across rocky terrain including some easy scrambling. No previous trekking experience is required although it would be a great advantage, and you must ensure you have done plenty of hill walking training in advance of the trip to prepare yourself for the challenge. A good level of fitness is required for all participants.



What is the experience like?

Who accompanies us?

You will be accompanied by an English-speaking guide and a local trek guide who have an excellent knowledge of the culture and trekking in the region. The guides are first-aid trained and will support you throughout your journey. You will also be accompanied by a team of support staff including a trek/camping crew, cook, donkey handlers, Jeep driver (transporting luggage) and a Different Travel Company UK tour manager.

How tough is it?

The trek is rated challenging for someone of a good fitness level. You will be trekking for 5 consecutive days, averaging 6 hours each day. The terrain is largely rocky, dry and uneven and some paths are along mountain edges and narrow ledges with sheer drops. Although some of the days trekking have a very gentle increase in elevation some days have very challenging sections with steep uphill and downhill gradients and in some parts may involve scrambling over rocks. Temperatures pose a specific challenge with temperatures historically reaching up to 30°C. You must be of a good fitness level before departure to ensure fast recovery each day.

What is the climate like?

Temperatures in November can range from 22°C to 30°C during the day and drop to around 0°C at night however you must be prepared for variations to this which are out of our control. Loose, lightweight, long clothing is both respectful to the local culture and cooler in the heat than having exposed skin. Weather during the trek will be dry but there may be some strong winds. Rain, although very rare, is not impossible. Please note: the temperatures and conditions above are historically accurate but climate change can impact the seasons so you may experience uncharacteristic conditions during the trip which are out of our control. The guides will assess the situation and make decisions to ensure the best enjoyment and safety of the group.

What about transport?

You will be transported by minibus or coach (depending on the group size) and 4WD vehicles.

Where will we stay?

You will stay in a hotel with en-suite facilities while in Amman or Aqaba (location dependent on flight schedules), a guesthouse in Wadi Musa and you will camp in tents during the trek (two to a tent). Foam sleeping mats are provided but you will need to bring a sleeping bag. Toilet facilities during the trek consist of a small toilet 'tent' covering a hole in the ground. There may be very basic shower facilities at camp but this is not guaranteed and water must be used sparingly, so we advise that you don't rely on this, and bring a pack of baby wipes. A small bowl of water is provided to wash your hands before meals.

What is the food like?

Your meals during the trek are cooked by a chef who will prepare simple but nutritious dishes. Typical breakfasts may include cheese, eggs, jam, butter, tomatoes, cucumber, fruit, tea and black coffee. For lunch each day you will prepare your sandwiches to carry them with you, and dinner will comprise dishes such as soup, chicken, rice, vegetarian dishes and salad. Plates, mugs, cutlery and other equipment are provided. While staying in cities meals will be at the hotel or local restaurants.

Practical information



Is there an age limit?

You must be 18+ to join this trek. It may be possible for you to participate if you are 16 or 17 years old if accompanied by a parent or guardian. There is no upper age limit.

Who can take part?

An ideal candidate for the trek would be someone who enjoys being out of their comfort zone and trying something new. Adventure travel involves an element of the unexpected so do not expect standards to be the same as you are used to at home. Remote areas are sometimes unpredictable (be it because of group pace, weather conditions, local bureaucracy, or other factors) and itineraries may be altered to allow for this. For you to get the most out of your challenge you must be flexible, positive, and eager to take on all the challenges that arise. Suitable fitness preparation before departure forms part of this.

How should I prepare?

You must engage in training (including plenty of walking up and down hills) before departure to ensure your best chance of enjoyment on the trip. This could include hill walking, running, cycling, gym workouts, boot camps, etc. You can download several free apps to help you train and track your progress, e.g. MapMyWalk, C25K, MyFitnessPal, etc. Attempting to complete the trek without training will make it more challenging than necessary and will be detrimental to your experience, and the experience of your teammates.

Health declaration

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues must be specified. All your medical details are treated in the strictest confidence.

The information will be securely screened by a qualified medical professional, and details provided to your tour manager and local guides so our staff are adequately informed and prepared to support you during the trip. By completing our booking form you are giving consent for us to contact you confidentially with any follow-up questions regarding your health.

If you declare any medical conditions you may be asked to provide more information, or we may request to contact your GP.

If your medical issues at the time of booking represent a concern for your safety and wellbeing or the safety and wellbeing of others in the group, you may be recommended not to take part. If this happens your booking will not be confirmed and the deposit will be refunded.

We must be informed if any conditions or medication change, or if new conditions develop. If necessary confirmation of fitness to travel from your GP or specialist may be required.

Please note that we will never unreasonably deny participation on a trip nor contravene the Equality Act 2010.

Covid-19

Your health and safety is our top priority so rest assured that we are taking steps to ensure you not only have a memorable experience, but a safe one too.

We constantly monitor and follow the advice of the British Foreign, Commonwealth and Development Office (FCDO) which provides recommendations and advice to British travellers about travel to a certain destination.

Health and safety is our top priority so we will **NEVER** operate a trip in an area where there is clear and present risk to our team members, whether that is due to a health outbreak, political instability, natural disasters or anything else.

If travel restrictions either in the UK or Jordan prevent safe travel we will look to either postpone or cancel your trip at no cost to you.

Please note that at the time of travel, there may be enhanced safety and security measures in airports, bag drop may take longer, and you may need to provide a certificate of health or proof of vaccination. We will inform you about any information pertinent to your travel arrangements.

If you have any questions or concerns, please contact us at info@different-travel.com.



Trip cost

A £345 registration fee is payable at the time of booking. You can then choose one of the three payment options:

- 1. Self-funded:** Pay your own tour costs balance of £1,850 by 13 September 2024. You are welcome to fundraise separately for any charity of your choice, but this is not mandatory. Any fundraising undertaken cannot be used for your trip costs.
- 2. Sponsorship:** Fundraise £3,700 for your chosen charity by 30 August 2024. This includes your £1,850 tour costs balance *and* a £1,850 donation to charity.
- 3. Flexi:** Pay your own tour costs balance of £1,850 and fundraise £1,850 for a charity of your choice by 13 September 2024. Any fundraising undertaken cannot be used for your trip costs.

Trip Includes:

- ✓ Return flights from London (inc. airport taxes)
- ✓ All transport in Jordan
- ✓ All accommodation (hotel in Aqaba or Amman for two nights, guesthouse in Wadi Musa for one night, camping during trek for four nights)
- ✓ Meals
- ✓ English-speaking guides and support crew
- ✓ Trek permits
- ✓ UK Different Travel tour manager.

Trip Does Not Include:

- ✗ Jordan visa (current cost 40 JOD)
- ✗ Personal expenses (e.g. drinks, souvenirs, etc.)
- ✗ Vaccinations
- ✗ Travel insurance
- ✗ Tips (approx. £55-60 per person)
- ✗ Trek kit and equipment

Itinerary

Day 1 (Saturday 23 November 2024):

Fly to Jordan

Fly from London to Jordan and transfer to a nearby hotel for an overnight stay. Depending on airline schedules we will either stay in Aqaba or Amman.

Overnight: Hotel

Meals: Dinner

Day 2 (Sunday 24 November 2024):

Wadi Feinan – Wadi Barwas

Transfer to Wadi Feinan for our first day's walk across the 'Hamada' landscape – a dry, rock-strewn desert, with little sand. The terrain is fairly flat all day but there are spectacular mountain views and expansive wadis (dry valleys) as well as Byzantine and Nabatean ruins to be seen. Tonight, you will set up camp in Wadi Barwas.

Overnight: Camping

Meals: Breakfast, lunch, dinner

Trekking: Approx. 16km / 6 hours

Elevation: 52m gain

Max. altitude 378m

Day 3 (Monday 25 November 2024):

Wadi Barwas – Ras el Feid

Leaving the stony hamada desert behind this morning, we walk around the foot of the mountains to reach an ancient Bedouin migration path that ascends steeply across rocks and small boulders, going high into the mountains. This section is very challenging and can be loose underfoot and involve scrambling rocks taking around 4 hours, but the reward is amazing views over the stunning Wadi Araba desert.

We eventually descend into Wadi el Feid for a well-deserved dip in its cool waters—a perfect place for lunch and a rest. We then walk upstream through dense foliage before reaching a dry riverbed surrounded by colorful sandstone outcrops to reach our camping spot.

Overnight: Camping

Meals: Breakfast, lunch, dinner

Trekking: Approx. 9.5km / 6-7 hours

Elevation: 597m gain, then 193m loss

Max. altitude 975m



Day 4 (Tuesday 26 November 2024):

Ras el Feid – Shkaret Msei'd

This morning we retrace our route along the riverbed and gradually climb up the hills following Bedouin shepherd paths to discover some of the most spectacular scenery in Jordan. This path is particularly challenging, becoming less defined and involving some easy scrambling to pass large boulders and other obstacles. The trail continues along the wadi floor and gently climbs up into the pale-coloured sandstone hills with incredible views across the surrounding mountains and canyons until we reach our camp at Shkaret Msei'd.

Overnight: Camping

Meals: Breakfast, lunch, dinner

Trekking: Approx. 16km / 8-9 hours

Elevation: 207m gain

Max. altitude: 997m



Day 5 (Wednesday 27 November 2024): Shakret Msei'd – Beida – Little Petra

The scenery changes dramatically today from deep wadis to wonderful wide-open sandstone hills that feel almost moonlike. The trail passes agricultural fields and some Bedouin encampments before our trail once again become indistinct with some more scrambling. We descend into Little Petra to visit this fabulous site for a taster of the main site which we will encounter tomorrow. A short walk then takes us to a permanent campsite, uniquely located amid the sandstone mountains in Beidha.

Overnight: Camping

Meals: Breakfast, lunch, dinner

Trekking: Approx. 14km/ 5 to 6 hours

Elevation: 203m gain then 143m loss

Max. altitude: 1226m

Day 6 (Thursday 28 November 2024): Petra

Today's hike brings you to Petra via a spectacular but little-known Bedouin trail through the mountains. You'll begin with a couple of hours' walk across open farmland before following the path across wind-eroded sandstone. Huge views begin to open up across the Great Rift Valley to the west. After another hour the trail descends towards Petra and opens onto one of the city's most impressive sights: the immense rock-cut façade of *ad Deir*, the Monastery. You can rest and drink tea here, and explore the ruins, before following the stone steps of a Nabataean processional way down into the heart of Petra. Enjoy lunch inside the archaeological site and then spend the afternoon exploring Petra's tombs, temples, and churches. The route brings you past the Roman theatre and, towards the end of the afternoon, to Petra's most famous monument, the Treasury. From here you'll walk out of Petra along the main siq.

Overnight: Hotel

Meals: Breakfast, lunch, dinner

Trekking: Approx. 16km / 8 hrs

Max. altitude: 1057m

Day 7 (Friday 29 November 2024): Sightseeing*

Spend the day visiting more highlights of this fascinating country. You will either visit Wadi Rum* on a jeep tour to explore this spectacular desert including Lawrence of Arabia's Spring and the natural rock bridge of Jebel Um Fruth or you will head north towards the Dead Sea* for an opportunity to have a float in the waters! If time allows, you will also visit Mount Nebo, where Moses is said to have seen the promised land and the ancient town of Madaba. N.B. Sightseeing today will depend on flight schedules and is subject to change.

Overnight: Hotel

Meals: Breakfast, lunch, dinner

Day 8 (Saturday 30 November 2024): Return to London

Transfer to the airport for your flight back to the UK. Depending on flight schedules we will either depart from Aqaba or Amman.

N.B. This itinerary may change due to flight schedules, weather, the ability of the group and so on. We will do our best to keep to the itinerary but we cannot be held responsible for changes that occur outside of our control. In all circumstances, your guide and tour leader will have the final say in the interest of the group's health and safety.



Before you go! Information to prepare you for the trip

Travel practicalities and country information

Trek knowledge

Food and drink

Kit tips

Luggage

Sleeping equipment

Responsible travel and culture

Fitness, health and safety

Kit list

Travel practicalities and country information

Visas

You will need a visa to enter Jordan. A single-entry visa (valid for 1 month) can be arranged on arrival at Amman or Aqaba airport. You must have at least 6 months validity on your passport from the date of entry. The cost (at the time of writing) is 40 Jordanian dinars, payable in cash in dinars. Credit or debit card payment is sometimes accepted but shouldn't be relied upon. Please refer to the Jordanian Embassy website for further information <http://jordanembassy.org.uk>.

Travel insurance

The Different Travel Company will do everything possible to ensure a safe and enjoyable trip however unexpected things can occur such as delays, medical problems, baggage loss, cancellation by you etc. The purchase of travel insurance is mandatory; you are advised to organise it at the time of booking to ensure you are covered immediately.

Different Travel is an Unregulated Introducer of Campbell Irvine Ltd which is authorised and regulated by the Financial Conduct Authority.

You can find out more here: <https://microsite.campbellirvinedirect.com/differenttravel>.

Please note: most travel insurance policies protect you before departure too so it is advised to buy insurance as close to booking as possible as it may protect you against the loss of your non-refundable, non-transferable registration fee if you cancel due to injury, illness etc.

Phone and Wi-Fi access

Jordan is served by three main mobile networks: Zain, Orange and Umniah. Coverage is widespread but your access to phone reception will vary depending on your home network, roaming capabilities, contract type and mobile handset. In general, most people should have reception while in the cities and possibly along some of the trek route. Wi-Fi is available in hotels (although it may be very slow and unreliable). Please contact your phone provider to find out details about costs and remember to turn off data roaming on your phone to avoid incurring high data charges.

Electricity

Electricity in Jordan is 220V-240V. A variety of plugs are used including European round two-pin plugs and also British square three-pin plugs. Please bring the necessary plug adaptor, ideally one which has USB ports so you can charge multiple devices at once. Electricity is only available at the hotels but if access to electricity during the trek is important to you, you are advised to bring a portable power pack (power bank or battery pack) which when fully charged allows you multiple charges of USB-powered devices such as phones. You should buy a power pack with a minimum capacity of 15,000mAh (maximum 20,000mAh due to airline restrictions) which is widely available online.

Money

The currency of Jordan is the Jordanian dinar (JOD). At the time of writing (January 2023) there were approx. 0.86 dinar to the pound. You need to bring money for your visa (40 JOD), tips (approx. £55-60), drinks and souvenirs; around £120 should suffice depending on how much you wish to buy.

Accessing cash

You can buy Jordanian dinars in the UK but exchange rates can vary greatly or you can withdraw cash from ATMs or exchange cash locally. There are many ATMs in Amman and Aqaba if you wish to withdraw cash but some banks block overseas transactions so inform your bank before departure. You may prefer to use a prepaid currency card loaded with pounds to withdraw cash instead of using a bank card. Please note that your bank may charge for overseas withdrawals and transactions so check before travel. There is no access to ATMs while trekking so you must bring enough cash with you for the trek. If you prefer to exchange cash locally you are recommended to take pounds Sterling and change it to dinars. There are bureau de changes in the arrivals area of both Amman and Aqaba airports. Do not bring Scottish, Manx or Channel Islands notes as these will be rejected by the local Bureau de changes.

Tipping

While tipping is not mandatory, it is recommended and greatly appreciated by the local staff and the trek team. We would recommend allowing £55-60 in total for tips per trekker.

Photocopies

Remember to photocopy all your documents (insurance details, passport, credit/debit cards etc.) and take a copy with you during the trip, stored separately from the original copies. You should also scan and email these documents to yourself and leave a copy with a trusted family member or friend. If you lose any of your documents you will then have access to a copy with you and online. You may also wish to upload your documents to cloud storage such as Dropbox or Google Drive.

Photography

When taking photographs of the local people, you must ask their permission. Taking a photograph of someone without their permission can offend. In contrast, taking photographs of someone you have become friendly with is usually very welcome.

Religion

Islam is the established state religion of Jordan. Almost the entire population is Sunni Muslim.

Language

Arabic is Jordan's official language, spoken by about three-quarters of the population. Some helpful phrases in Arabic include:

Hello	<i>As-salaamu alaykum</i>	Please	<i>Min fadlik</i>
How are you?	<i>kayf halika?</i>	Good morning	<i>sabah alkhayr</i>
I'm fine, thank you	<i>'ana bikhayr shukran</i>	Good evening	<i>masa' alkhayr</i>
Yes	<i>naeam</i>	Good night	<i>tab masawuk</i>
No	<i>Raqm</i>	Goodbye	<i>mae alsalama</i>
Thank you	<i>Shukran</i>	Cheers	<i>fi sihatik</i>

Books

You are encouraged to do your reading and research to familiarise yourself with travelling to Jordan. There are many sources of information online and you can find some country-specific tips from travel guides and phrasebooks such as:

Lonely Planet Jordan (July 2018); ISBN: 978-1786575753; £9.59

The Rough Guide to Jordan (November 2019); ISBN: 978-1789194647, £11.19

The more you prepare, the more enjoyable your trip will be.

Trek knowledge

Accommodation

You will stay in a hotel with en-suite facilities while in Amman or Aqaba (location dependent on flight schedules), a guesthouse in Wadi Musa and will camp during the trek. You will stay in hotel rooms on a twin or triple-share basis, and there will be two people per tent while camping. Tents and sleeping mats are provided but you must bring a sleeping bag and sleeping bag liner. A dining tent, cutlery and crockery are provided. A single-occupancy hotel room may be possible subject to availability and payment of a single supplement.

Hygiene and toilet facilities

The hotels have en-suite facilities with flushing toilets and hot showers. Toilet paper should always be placed in the bin, not flushed. At camp, there will be a toilet tent which offers privacy over a pit in the sand. Please put used toilet paper into a sealable nappy bag or sanitary disposal bag and put it into the main trek bin bag. After you have used the toilet, please cover your waste with sand to avoid smells and flies for the next person who visits the toilet tent. You should not rely on shower facilities being available during the trek so please bring a small pack of baby wipes and a bottle of hand sanitizer for personal hygiene.

If you need to use the toilet during the trek day you must find a private area off the trail. You must never leave used toilet paper on the ground; this must be packed up into a nappy bag or sanitary disposal bag, pop it in your daypack and dispose of it properly at camp (please bring your own nappy sacks with you). You should bring one to two rolls of toilet paper for your personal use.

Altitude

This trek does not take place in an area of high altitude. The highest elevation reached is 1226m. However, please note some of the paths traverse mountain edges or are narrow ledges with sheer drops which may be unsuitable for those with a fear of heights.

Food and drink

Dietary requirements

The majority of special diets, such as vegetarian, vegan, gluten-free, etc., can be catered for if we are notified in advance. Please ensure that you notify us of any dietary requirements at the time of booking or as soon as possible. Please note that we cannot guarantee that food preparation will take place in a contamination-free environment.

Snacks

You may wish to bring a selection of snacks for energy, a pick-me-up or a little taste of home. Please bring snacks you have tried before (and enjoy!) so they are appetising to you. Items such as sweets, individually wrapped cake bars, protein bars and dried fruit are ideal but don't forget to bring savoury treats also such as salted nuts, Cheddar biscuits or salted crackers.

Water

Tap water is not safe to drink in Jordan, even at the hotel. You must not brush your teeth or rinse your mouth with tap water, only use purified, boiled or bottled water. It is best to avoid ice in drinks. Mineral water is provided during the trek in a big container for the group which you can then decant into your water bottles, and you must start the day with at least 3 litres of water in your daypack. At breakfast, you can also make yourself black coffee or tea. If you have any preferences (e.g. decaff, herbal tea etc.) you should bring your personal supply. **Keeping hydrated**

During the trek, you will need to drink at least 3 litres of water per day to stay hydrated, *plus* any soups or hot drinks served. Electrolyte tablets (e.g. Nuun, High5, PowerBar etc.) are flavoured effervescent tablets which contain salts and minerals which are naturally lost from your body when you sweat. Adding these tablets to your water not only offers flavour to your water but can help prevent dehydration before it begins. Electrolyte tablets are widely available in outdoor stores and online for around £8 for 12 tablets. You may also wish to bring a small supply of rehydration salts (e.g. Dioralyte) which treat dehydration.

Water bottle

You will need to bring your own bottle to carry at least three litres of water per day. Some people will bring a 2-3 litre CamelBak hydration system (for effortless access to water while you trek) plus a one 1-litre water bottle (e.g. plastic Nalgene or metal Sigg bottle). Some people prefer to bring three 1-litre bottles. The choice is yours. If you're bringing a CamelBak hydration system, a separate 1-litre bottle is essential as it can be used as a backup if your hydration system fails. **Please write your name on all your bottles in marker pen.** Please note that 'own brand' and cheap hydration systems are notorious for splitting, leaking or valves not functioning properly. CamelBak and Platypus are the leaders in this market because their products are significantly better quality and more reliable.

Kit tips

Discount

When you book you will receive a discount and voucher booklet. Please check the documents section of your online profile.

Clothing

Your clothes should be made of technical fabrics designed to wick sweat away from your body which keeps clothes dry and smelling fresh. Merino wool, nylon, polyester, polypropylene and bamboo fabrics are all effective technical fabrics. Cotton clothes absorb sweat, stay damp and can lead to chafing, and discomfort (and get smelly fast). Technical items can be worn for days without smelling meaning you don't need to buy, or pack, as many items of clothing.

Sports, gym or running clothes are usually non-cotton so check what you have already before you go shopping. If you select the right garments you can comfortably wear these for the entire trek.

Remember it gets cold at night and in the mornings so please bring warm layers (e.g. fleece, hoody, insulated jacket) and a hat.

Top clothing tips!

A loose-fitting, non-cotton long-sleeved shirt will keep you cool better than a short-sleeved t-shirt as technically covering your skin keeps you in the shade. It also helps prevent sunburn. A long-sleeved shirt also offers the flexibility to roll sleeves up and down as required. A t-shirt is also fine, but you must be vigilant about applying sunscreen. Shoulders must be covered if you pass through villages.

Lightweight non-cotton zip-off/convertible trek trousers are also ideal for the same reason as bringing a non-cotton shirt in that it keeps your skin in the shade; however sports leggings and shorts are fine too. Please note that ladies wearing shorts will need to cover their legs if you pass through any villages.

Jordan dress code

Jordan is a Muslim country, so people dress conservatively and are uncomfortable with lots of skin being on display. You should avoid revealing or tight clothing and aim to keep your legs covered above the knee and keep shoulders and upper arms covered, to be respectful to the local community and avoid offending.

Cobber neck cooling wrap

A recommended accessory for the trek is a body-cooling neck wrap known as a 'Cobber'. When this neck wrap is submerged in water for 30 minutes the poly-crystals absorb it making them swell and turn cold. You wear it around your neck, and it cools the blood flowing through your carotid arteries and keeps your body temperature down. One 30-minute submersion in water keeps the crystals cool and moist for 3 days before they start to dry out; perfect for your time trekking. They can be purchased for less than £10 from eBay or Amazon.

Footwear

You should bring lightweight, breathable trekking boots with good ankle support and a high-quality flexible sole such as Vibram; walking trainers are unsuitable. If you are buying a new pair of boots, please try on lots of pairs before you buy; don't buy online unless you've tried them on first. Please ensure you buy new boots well in advance of departure, so you have time to break them in properly. You are strongly advised to wear your boots on the plane (or take in your hand baggage) in case there are any problems or delays with your luggage. Comfortable boots are the most difficult item to replace at short notice.

Gaiters

Ankle-length gaiters can help keep sand out of boots and reduce the risk of blisters, they are optional for this trip.

Headwear

A hat with a wide brim is essential. An umbrella can also be useful to protect your head from the sun.

Head torch

This is a vital piece of kit. Petzl is one brand which makes good quality headlamps but there are many head torches available from other companies. Please ensure you take an LED torch as the ones with bulbs are not bright enough. Bring your head torch with fresh batteries inside it and take a full set of spare batteries. Do not bring a wind-up head torch as these are unreliable. Keep your head torch in your backpack every day. Please ensure you put fresh batteries in before departure and bring some spare batteries.

Hiking poles

Hiking poles can be very useful on ascents and descents, particularly when carrying a heavy pack on uneven terrain. Poles are also very useful for stability. They are not mandatory but are recommended. You should use them on your training walks to familiarise yourself with how to use them. If you bring hiking poles they must fit inside your suitcase/kitbag for the international flight. *Please note security scans in Jordanian airports are very strict and walking poles may be removed from luggage and scanned separately.*

Socks

The socks you choose must be high quality, non-cotton and will not slip down in your boots which causes blisters. Never wear cotton socks which absorb sweat making them damp and more likely to rub against your feet, causing blisters. Socks containing Coolmax (a brand of polyester) or nylon have wicking properties which means that they pull sweat away from the skin for it to evaporate. Good brands to consider include Bridgedale, Smartwool and Brasher.

Sunglasses

These are important even on overcast days. They must offer a minimum of 100% UV protection, and polarized sunglasses are ideal. Taking a spare pair is recommended.

Luggage

This trip is different to a standard holiday so you will need the following four luggage items:

1. A small daypack

You are responsible for carrying your daypack containing essentials for each day. We recommend you bring a 25-litre rucksack which **must** have a hip belt and a chest strap. High-quality brands to consider when looking for a suitable pack include Osprey, Berghaus and Lowe Alpine (amongst others) and you are strongly advised to visit a reputable store like Cotswold to have your backpack fitted, as they come in a variety of sizes, and some brands offer male and female specific fits. You can expect to carry your first aid kit, sun cream, three litres of water, snacks, toilet paper, wet wipes and camera. It could weigh 6-8kg when packed, so you should make your backpack selection carefully and ensure it fits correctly and is comfortable. You will not have access to your main pack while trekking.

2. A kit bag/holdall

You will need a soft-sided kit bag to hold your trek-specific items such as your sleeping bag, change of clothes, toiletries and so on. Please try to travel light (max 8kg). This can be a holdall, duffel bag or large rucksack and it doesn't matter what size it is as long as all your kit fits inside. A suitcase or holdall with wheels is not suitable. If you wish you can use this bag to hold your checked luggage for the flights; just ensure you bring a small separate bag you can store items in not required for the trek at the hotel while you're trekking.



3. A suitcase (optional)

For the flights, you may be more comfortable packing all your items (including your empty trek kit bag) into a suitcase. This is entirely your choice. If you bring a suitcase, it will be stored at the hotel along with anything not required for the trek (e.g. toiletries, travel clothes, books etc.).

4. You should bring some **combination padlocks** to secure your luggage.

Sleeping equipment

Sleeping bag

The expected night temperature will drop to 0°C or lower so we suggest you bring a sleeping bag with a **comfort rating of -5°C** or lower (not an 'extreme' rating of -5°C). There is a critical difference between the comfort and extreme rating so pay close attention to the labelling of your sleeping bag before you purchase it. The comfort rating is the temperature at which you can expect to sleep comfortably in a relaxed position. The extreme rating is the minimum temperature at which you can remain for six hours without *risk of death from hypothermia*. A -5°C extreme rated sleeping bag will not be warm enough for this trek.

Some sleeping bags with a **comfort rating of -5°C or warmer:**

Snugpak Sleeper Zero (£44.95)

Snugpak Sleeper Lite (£44.95)

Snugpak Softie Expansion 3 (£104.95)

Snugpak Softie 9 Equinox with Snuggly Headrest (£129.95)

Ayacucho Solar 300 (£60)

Vango Stratos 350 (£45)

Women's Vango Nitestar 300W (£37.50)

Mountain Equipment Women's Starlight III (-7°C comfort) £80

...and many more.

Please note: that the temperature guidance is based on historical averages at this time of year and we cannot be held responsible if the weather conditions are different than expected.

Sleeping bag liner

A silk sleeping bag liner is recommended to complement your sleeping bag as it adds an extra layer of insulation to keep you warm if it's cool. If it's too warm you can sleep under your sleeping bag liner with your sleeping bag unzipped. A sleeping bag liner also protects your sleeping bag from dirt, sweat and damage. Silk sleeping bag liners are quite expensive if purchased on the high street, so consider eBay where you can purchase directly from the manufacturers (usually Vietnam or China) at a fraction of the price. Make sure you search for 'pure silk' sleeping bag liners, not 'satin' (which is usually low quality and synthetic).

Sleeping mat

A compressed foam mat is provided. You do not need to bring a mat.

Responsible travel and culture

We are environmentally conscious and aim to minimise our impact as much as possible. Key points:

- Never leave toilet paper or litter on the trail.
- Don't dispose of fruit peel, cores or seeds on the ground; although they decompose eventually they are unsightly and may attract animals.
- Turn off lights when not in rooms.
- Minimise your water usage by having short showers.

Begging

Begging is common in Jordan. As part of our responsible tourism policy, we strongly advise against giving directly to beggars or offering gifts to children. Gift-giving can lead to individuals pestering other travellers as they believe begging is more profitable than searching for work or attending school. Sweets should not be given to children as dental care is difficult to obtain and tooth decay can lead to long-term health problems.

Etiquette

Always endeavour to be polite and respectful. If you show respect then it will be reciprocated:

- Keep noise to a minimum, especially early in the morning and late at night.
- Be respectful to your guides and hosts; don't forget to say please and thank you.
- Be considerate of the feelings of other group members.

Shopping/haggling

The markets of Jordan sell a vast array of gifts and souvenirs. Haggling is expected when shopping and the first price is often three or four times higher than the true value of the item; you should engage with the vendor to encourage rapport and then only pay what you think is a good price, don't try to get the price as low as possible. Souvenirs can be purchased at the end of the trek around Petra and Little Petra.

Fitness, health and safety

Fitness training

You should start training as soon as you have booked your place on the challenge. The best form of training for a trek is to get outside and start walking. If you're not a regular walker, start slowly with short distances then as you get more comfortable, increase your mileage and add in more challenging terrain until you can comfortably walk for several consecutive days, for around 8 hours at a time, on hilly terrain while maintaining a comfortable pace without needing to stop more than frequently than once an hour for a 5-minute rest.

Hillwalking while carrying a fully packed backpack while wearing your hiking boots should feature predominantly in your training as this will help prepare your body for the terrain and baggage load you will experience during the trek.

Other activities which can complement hill walking include running, cycling, gym workouts and boot camps etc. Developing your core and leg muscle strength is also important so exercises such as squats, lunges, push-ups, planks and crunches will enhance your training. These exercises can be done at home; no gym is needed.

You can download several free apps, which will help you train and track your progress. E.g. MapMyWalk, C25K (couch to 5k run), MyFitnessPal.

Please note that attempting to complete the trek without any training may make the experience unnecessarily difficult and hinder your experience, and also the experience of your teammates. The local guides, in consultation with your Different travel tour manager, may advise that if you are not fit enough to continue, you leave the trek.

Vaccinations and travel health

Different Travel regrets that we cannot provide medical advice or recommendations. You are advised to seek medical advice at least 8 weeks before travelling to ensure that all appropriate vaccinations are up to date. For general information visit www.fitfortravel.scot.nhs.uk or www.travelhealthpro.org.uk but your GP or travel health professional should be the first stop for a consultation tailored to your medical history. Please note that failure to be adequately vaccinated or take necessary prophylactic medication can invalidate travel insurance policies as it is considered that you have not taken necessary precautions.

First aid kit

You should bring a small first aid kit of essential items which is for your personal use and keep it in your backpack. Suggested items to include: personal prescription medicine, Compeed blister plasters, painkillers, plasters, antiseptic wipes, anti-histamine tablets, indigestion remedy, Imodium

(Loperamide), rehydration sachets, lip balm with SPF, antiseptic cream, zinc oxide tape etc. Please keep the contents to a minimum as you must carry them yourself.

Zinc Oxide tape

This tape is really useful to prevent blisters. When you feel your boots start to rub against your feet, you should stop and remove any debris from your boots and check your feet. If a hot spot is developing (a red, sore area without broken skin) you can apply zinc oxide tape to the area and it will stop (or slow down) a blister developing. If you are too late to prevent the blister then you should clean the area and apply a Compeed blister plaster instead.

Insect repellent

There can be mosquitoes along the trek route as well as spiders so it's worth bringing insect repellent. 50% DEET is the most effective repellent available for use on your skin. Never use 100% DEET on your skin as it is not designed to be used this way. Please also ensure you wear long trousers tucked into socks and long-sleeved tops in the evenings to minimise the chance of bites.

Emergencies and evacuations

In the unlikely event of a serious illness or accident, the local team will ensure you are transferred as swiftly as possible to the nearest hospital. Please ensure your travel insurance covers you for airlifting/emergency evacuations as this can be required to reach casualties on more remote trails in an emergency. You are recommended to bring a credit card during the trip if you need to pay for medical treatment upfront in the event of an emergency.

Safety

Please take common-sense precautions while travelling to ensure your safety and the protection of your belongings. For example: leave flashy jewellery, watches and accessories at home; keep wallets out of sight stowed in a handbag or backpack rather than sticking out of a pocket; don't leave bags unattended at any time; carry cameras in their cases rather than carrying them openly with the camera strap; split cash into different pockets rather than carrying all your money in one place, especially immediately after you have used the ATM; and so on.

Last updated September 2023

KIT LIST - PETRA

The kit you take can make the difference between being 'just a trek' or a 'memorable trek'.

Our kit lists are put together with feedback from our experiences and those of participants who have participated 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	ESSENTIAL
E-Tickets	ESSENTIAL
40 JOD in cash for visa	ESSENTIAL
Travel insurance	ESSENTIAL
ATM and credit card (s)	ESSENTIAL
Cash (£ Sterling)	ESSENTIAL
Pen for immigration forms	ESSENTIAL
Sunglasses (preferably polarized)	ESSENTIAL
Mobile phone + charger	ESSENTIAL
Camera + spare batteries	SUGGESTED

LUGGAGE	✓
Suitcase/large holdall	ESSENTIAL
Daypack (25 – 30 litres)	ESSENTIAL
Hand Luggage (take note of dimensions from airline)	ESSENTIAL
Combination padlocks	ESSENTIAL

CLOTHING AND FOOTWEAR	✓
Trekking boots: either worn on flight or carried in hand luggage	ESSENTIAL
Trainers/flip flops for camp	ESSENTIAL
Lightweight trek trousers	ESSENTIAL
Non-cotton, technical t-shirts	ESSENTIAL
Non-cotton long sleeved top/shirt	ESSENTIAL
Trek socks	ESSENTIAL
Underwear	ESSENTIAL
Warm fleece or sweater (for evening and morning)	ESSENTIAL
Wet weather top	ESSENTIAL
Sun hat with brim	ESSENTIAL
Warm hat for night	ESSENTIAL
Sandals for camp	ESSENTIAL
Neck cooling 'Cobber' or cooling towel	SUGGESTED
Buff (www.buffwear.co.uk)	SUGGESTED
Lightweight waterproof	SUGGESTED

HEALTH AND HYGIENE*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner, nail brush and nail care kit	ESSENTIAL
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)	ESSENTIAL
Hairbrush/comb	ESSENTIAL
Lateral flow tests (min x2)	ESSENTIAL
Disposable masks	ESSENTIAL
Feminine care products	SUGGESTED

OTHER KIT	✓
Sleeping bag (comfort -5°C)	ESSENTIAL
Sleeping bag liner (cotton/silk)	ESSENTIAL
Sun block (high SPF)	ESSENTIAL
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	ESSENTIAL
2 ltr water hydration system (e.g. Camelbak)	ESSENTIAL
1 ltr water bottle	ESSENTIAL
LED head torch + spare batteries	ESSENTIAL
Adaptor (European 2 round pin)	ESSENTIAL
Ear plugs	ESSENTIAL
Casual shoes	ESSENTIAL
Casual clothing	ESSENTIAL
Hiking poles – to be stowed in hold luggage for flight	SUGGESTED
Energy food/snack bars	SUGGESTED
Bags for dirty washing	OPTIONAL
Spare glasses/contact lenses	OPTIONAL
Video camera + charger	OPTIONAL
MP3 player/ipod	OPTIONAL
Portable power bank	OPTIONAL
Books/packs of cards	OPTIONAL
Travel pillow	OPTIONAL