

## KIT LIST - ACCURSED ALPS

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 own experiences and those 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 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](mailto:info@different-travel.com)

\*Please consider eco-friendly or biodegradable options.

ESSENTIAL

SUGGESTED

OPTIONAL

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

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

CLOTHING AND FOOTWEAR	✓
Trekking boots: Wear on flight or carry in hand luggage	
Lightweight trek trousers (zip off trousers ideal)	
Non-cotton base layer	
Non-cotton, technical t-shirts	
Non-cotton long sleeved top/shirt	
Trek socks	
Underwear	
Warm jacket (e.g. down/Primaloft)	
Warm mid layer or fleece	
Waterproof jacket	
Waterproof trousers	
Thermal top and bottoms (can also be used as pyjamas)	
Sun hat	
Warm hat	
Warm gloves	
Buff ( <a href="http://www.buffwear.co.uk">www.buffwear.co.uk</a> )	

HEALTH AND HYGIENE*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner, 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	✓
Sun block (high SPF)	
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	
2 ltr water hydration system (e.g. Camelbak)	
1 ltr metal/insulated water bottle	
LED head torch + spare batteries	
Adaptor (European 2 round pin)	
Ear plugs	
Trainers/casual shoes for evening	
Casual clothing for travel days	
Hiking poles – to be stowed in hold luggage for flight	
Sleeping bag liner	
Energy food/snack bars	
Swimwear	
Bags for dirty washing	
Spare glasses/contact lenses	
Video camera + charger	
MP3 player/ipod	
Portable power bank	
Books/packs of cards	
Travel pillow	