

## **Trek Kit List 2010**

**Trek Kit List 2010 provided by  
Operator CUL (trading as Charity Challenge)**

The items listed below are purely recommendations. The list has been designed by the local Ground Handler however please take into account your personal preferences and common sense. We are open to further recommendations upon your return. See what you can borrow, before you purchase any items, For UK residents remember that you can get a 10% discount on equipment from Nomad Travel Stores (call 020 8889 7014, or visit [www.nomadtravel.co.uk](http://www.nomadtravel.co.uk) & quote CC1002). Nomad Travellers Stores will also put together a first aid kit specifically for your expeditions. If you would prefer to hire kit, please contact Trek Hire (01732 865858 or visit [www.trekhireuk.com](http://www.trekhireuk.com) ).

Try to use your equipment before you go – particularly your rucksack, boots and sleeping bag – this will show up any manufacturing faults and whether they are comfortable enough. Good footwear and care of the feet is most important. Well broken-in walking boots should be worn. Trainers are too flimsy for wilderness treks. Sandals leave the feet exposed to sunburn, abrasions, thorns, insect and animal bites. Desert or Gortex boots are satisfactory.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. If you need to wear jewellery, keep it simple and inexpensive. The general rule is that if you don't need it, don't bring it. Always keep your night clothes in a watertight bag to ensure they stay dry if there is a sudden downpour or if you are crossing water – you will have a much better night's sleep in dry clothing. Bring clothes that wash and dry easily (jeans take forever to dry).

Your main bag should not weigh more than 15kg and you may be charged for excess luggage on internal flights or when entering National Parks also the porters have to carry and transport it. Your hand luggage should not exceed 5kg and maximum dimensions of 55x35x25cms. Please make sure you pack your rucksack/kit bag yourself, and do NOT under any circumstances take any items through customs that are not yours or that you have been asked to deliver for someone else. If possible, lock your bags before you check them through at the check-in desk. When packing, think carefully about what you are packing in your hold luggage as, once you have handed it over at check-in, you will not see it again until you arrive at the other end.

Don't pack things you will need again before or during the flight – such as medicine - and make sure you have an adequate supply. Keep extra cash, passports and house keys in your hand luggage. Also, if taking a long flight, it is sometimes a good idea to take toiletries such as toothbrush to freshen up on the long journey. Don't pack valuables, cash, fragile or perishable items in your hold luggage. Airlines and insurance companies will not accept liability for them.

When leaving home, we recommend that you wear your trekking boots and trekking gear, and take as much as possible in your hand luggage. This is to ensure that in the unlikely situation that your bags do not arrive at your final destination, you are still able to make a start on the expedition while we relocate any missing baggage.

item	take it?
<b>baggage and sleeping</b>	
Large rucksack / soft bag (waterproof essential. A suitcase is Not appropriate)	Yes
Day rucksack (for suncream, camera, film, water bottles etc)	Yes
Sleeping bag (3-4 season – anything less may not be warm enough)	Yes
Sleeping mat (ie: thermarest; you will be provided with a basic mat so only take your own as <u>extra</u> comfort)	Optional
<b>clothing</b>	
Long-sleeved shirt (for Delhi in mosques and to cover from the sun)	Yes
T-shirts	Yes
Fleece	Yes
Warm jacket	Yes
Thermals (for cold nights)	Yes
Trousers (such as lightweight cargo trousers, avoid Jeans)	Yes
Shorts	Optional
Swimwear (rivers near campsites)	Optional
Underwear	Yes
Socks (hiking/leisure)	Yes
Dress/Skirt/Sarong	Optional
Lightweight water & wind proof (jacket & trousers)	Yes
Walking boots (sturdy well worn in boots)	Yes
Ankle Gaiters (for stopping grass scratches and rashes)	Optional
Trainers for evenings	Optional
Sandals/Flip Flops (Delhi & Dharamsala)	Yes
Wide brimmed sun hat & cotton scarf	Yes
Warm hat & scarf & gloves	Yes
<b>hygiene</b>	
Toothbrush & toothpaste, soap (anti bacterial & bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, antiseptic wipes, anti-bac hand gel, deodorant, toilet paper/tissues, travel towel	Yes
Razor & cream, sanitary products (cannot buy in India) , shower gel, hairbrush/comb, Vaseline	Optional

<b>health</b>	
Insect repellent (containing DEET)	Yes
Vitamins	Optional
Malaria tablets (seek advice from your GP)	Optional
After sun/moisturiser	Yes
Sun protection (factor 20 minimum)	Yes
<b>documents</b> (where relevant, please leave a copy at home with your next of kin)	
Passport & photocopy of details and visa page	Yes
Visa (see India fact file for more information)	Yes
Air travel tickets	Yes
Drivers licence	Optional
Cash (change at Delhi airport into Rupees)	Yes
Travellers cheques	Optional
Credit card (use in Delhi, Dharamsala & Emergency)	Yes
Travel insurance Certificate	Yes
Vaccination certificates	Yes
(not needed as a condition of entry however very useful if medical attn needed in country, originals not necessary)	
<b>other</b>	
Adjustable walking pole rubber tipped (highly recommended. Try to fit into main hold luggage)	Optional
Camera & films	Optional
Binoculars	Optional
Sunglasses with UVA & UVB protection	Yes
High energy snacks (tracker bars, dried fruit and nuts)	Optional
Contact lenses (bring spare lenses, and glasses in case of dust)	Optional
Penknife (pack in main luggage)	Optional
Gaffa tape (for emergency repairs)	Optional
Cord or string	Optional
Sewing kit	Optional
Note book and pen(s)	Optional
Alarm clock	Optional
Watch	Optional
Torch (with spare batteries and bulb) head torch recommended	Yes
Water bottle (two 1litre bottles minimum)	Yes
Ear plugs & eye mask	Optional
Re-sealable plastic bags (for dirty washing etc)	Optional
Spare boot laces	Optional

**small first aid kit**

Pain killers/Paracetamol, Travel sickness pills	Yes
Adhesive dressing (plasters)	Yes
Compeed blister pads	Yes
Antiseptic spray	Optional
Diarrhoea tablets	Optional
Any medication you normally use	Yes