



## SUGGESTED PACKING LIST

### ***Clothing***

Walking boots - lightweight with good ankle support - **must be worn in**  
Walking socks - one per day plus spares and extra for evenings  
T-shirts - one per day  
Long sleeved lightweight shirt  
Lightweight breathable cotton trousers for trekking  
Shorts (optional)  
Spare trainers for general walking  
Scarf (to avoid sun burn and also cover mouth if it is dusty)  
Wide brimmed sun hat & sunglasses  
Gloves / woolly hat for evenings  
Waterproof jacket/cagoule (essential)  
Warm casual wear i.e. fleece, sweatshirt, tracksuit  
Leg covering for visiting holy sites  
Swimming outfit  
Something slightly smarter for celebration dinner

### ***Equipment***

3 Seasons Sleeping bag – preferably with hood  
Telescopic walking stick or walking poles (optional)  
2 x drinking water bottles or camel pack or platypus  
Small rucksack for carrying items while trekking e.g. water, camera, sun cream, tissues, waterproof  
Lightweight quick drying towel  
Torch and spare batteries/bulbs – head torch useful when camping  
Ear plugs (sharing with noisy roommates can prevent sleep!)  
Carrier bags/bin bag - useful for dirty washing or wet clothing  
Zipper bags to keep sand at bay: useful for documents, camera  
Sun cream (minimum SPF 20-25) – SP20 is a recommended brand from previous participants, it is good for all day protection on active challenges  
Lip salve (minimum SPF 20-25)  
Contact lens wearers should take their prescription glasses  
Camera and film or memory cards  
Passport and travel insurance plus photocopies of these

### ***Small personal medical kit***

Antiseptic ointment, plasters, ankle and knee supports, zinc oxide tape (to prevent blisters) / compeed (blister plaster), pain killers, insect repellent, sting relief, immodium, dioralyte (or other rehydration medication), sufficient regular medication, ladies are advised to take tampons, Isotonic powders, Energy snacks, Antibacterial handwipes / alcohol gel, Tissues and Toilet paper and box of matches for burning tissue.

Reviewed 10/09/2010

- Pack as lightly as possible, preferably in a soft, robust bag as all luggage is transported together each day in a truck and needs to be durable.
- Participants should take a photocopy of their passport and travel insurance cover.
- This list is not exhaustive and also some items may not be required during the trip.