

Large kit essentials

- Holdall +/- wheels (80-110ltrs)
- Carry-on rucksack (<35ltrs)
- 2-3 Season sleeping bag and pillow
- Sleeping bag liner (not fleece)
- Good sleep mat (not thin foam yoga type)
- Towels (travel style)
- Underwear
- Long sleeves shirts/t-shirts
- Trousers
- Shorts
- Fleece or hoody (travel & cool evenings)
- Comfortable footwear for travel and down time
- Waterproof Jacket & Trousers
- Old work clothes & footwear for site
- Walking boots/shoes (worn in)

How many sets of clothes? Your choice but you need to pack it and carry it
We suggest you plan to wash your clothes a few times

Small kit essentials

- Passport, Visa, medical certificates (if required)
- Personal meds (& spares)
- Wallet/purse
- Sun protection (hats, glasses, lipsalve, aftersun, high factor sun cream (50+ and water resistant)
- Biodegradable baby wipes (no plastic)
- Anti-mosquito spray
- Camera (spare batteries & memory card)
- Alcohol hand gel (75% alcohol +)
- Torches (head and hand ideal with spare batteries)
- 2x no touch water bottles
- Spare prescription glasses (if required)
- Wash kit
- Repair kit (Sting, gaffer tape, safety pins, sewing kit)
- Travel Wash
- Personal first aid kit (notify if use)

Things to consider....

- Solar shower
- Money belt
- Small binoculars (safari)
- Simple watch (limited phone use)
- Battery pack / solar charger
- Cards, book, notebook, sketchpad, travel games etc...
- Squash concentrate, honey & transportable condiments
- Travel pillow for flights / buses
- Distinctive baggage strap
- Water shoes

Phone (advised for music, photos only as there will be limited charging and the phone network not practical) No cover provided for lost or damaged phones.

An old MP3 player may be best for some travel music.

