

TREK 2010: EQUIPMENT LIST

1. Waterproof rainwear, ie. mac and over-trousers.

N.B. These need to be 100% waterproof. Test them before you come, don't take the shop's word for it. If no rain available, use a hosepipe. Peter storm is a good make.

2. Comfortable strong walking boots
3. Comfortable walking clothes.

N.B. The temperature can go from very hot to very cold quite quickly so shorts as well as trousers, and for top half several thin layers are more useful than one huge woolly jumper.

4. Woolly hat
5. Sleeping bag
6. Sleeping mat or inflatable mattress (Thrmarest)
7. Sunhat
8. Anti-sunburn cream.
9. Long-sleeved shirt for when its hot but you're sunburnt.
10. Insect repellent
11. Small bag to carry your daily rations (school rucksack size is ample)
12. Plastic water bottle (at least 1 litre)
13. Lavatory paper
14. Unbreakable cup, plate and bowl
15. Knife, fork and spoon
16. Basic First Aid kit e.g. for headaches, blisters, stomach etc. We have the necessaries for broken arms and other more serious injuries!!
17. Trowel
18. Torch
19. Towel

If you are ornithologically inclined, don't forget binoculars. We walk through excellent eagle and bee-eater country. We will have a bird book and flower book in the van.

We will move your "heavy" equipment every day for you (sleeping bag, spare clothes etc). However, please make sure this only amounts to one rucksack plus the sleeping bag and mat!