

avenue of the volcanoes, kit list



The items listed below are purely recommendations. The list has been designed by the local ground handler and past challenge leaders; 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, and if you need to purchase any items, remember that you can get a discount on equipment and clothing from various well known suppliers and outdoor shops – for more information, please refer to the document “Kit Discount” which you will find in your member’s area in the “Challenge Pack” section once you have booked and paid your deposit.

If you would prefer to hire kit, please contact Outdoor Hire, a company specialising in the hire of top quality outdoor gear. They are working with Charity Challenge to provide all the kit you need for your challenge and offer a 10% discount to Charity Challenge customers who have booked onto one of our challenges. Simply obtain the promotional code by referring to the document “Kit Discount” which you will find in your member’s area, and then go to <http://www.outdoorhire.co.uk/charity-challenge/>, select the kit list for the challenge you have booked and follow the online instructions for how to hire the kit you need.

Try to use your equipment before you go – particularly your rucksack, cycling kit, boots and sleeping bag (if camping) – this will show up any manufacturing faults and whether they are comfortable enough.

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 and should not be worn on the trek).

Your main bag should not weigh more than 15kg. If you exceed this limit, you may be charged for excess luggage on internal flights or when entering National Parks. Additionally, in line with our responsible tourism policy, it is important not to overload the porters and transfer agents who have to carry and transport it. Your hand luggage should not exceed 5kg and maximum dimensions of 56x45x25cms. 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 but please do remember that there are strict regulations governing the transport of liquids in hand luggage. For the most up-to-date air travel hand luggage rules, please follow the link [here](#).

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 the UK, we recommend that you wear your trekking boots and trekking/cycling gear, and take as much as possible in your hand luggage, especially a full day’s underwear and other clothing. 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 challenge while we relocate any missing baggage.

For the optional Cotopaxi climb at the end of the challenge, you will need to hire or buy the following; plastic boots, a climbing harness, crampons, hard hat and ice axe. If you intend to climb Cotopaxi, please let us know your boot size ASAP so we can ensure the equipment is available for you. You can do this when you complete the booking form or send an email to challenges@charitychallenge.com It will cost approx £30 to hire the equipment for the days of the climb. If your feet are under size 36, or over size 45, please let us know ASAP, as it can be difficult to hire these boots in peak trekking seasons.

item	take it?
baggage and sleeping	
Large rucksack (a suitcase is not appropriate)	Yes
Day rucksack (for sun cream, camera, spare battery and memory card, water bottles) 35litre	Yes
Sleeping bag (four season bag, or three season with a liner)	Yes
Sleeping mat (a foam mat is provided however for extra comfort a thermarest is ideal)	Optional
clothing	
Down Jacket	Optional
Windproof jacket (Gore-Tex recommended)	Yes

Long-sleeved shirt (light coloured for sun protection)	Yes
T-shirts	Optional
Sweatshirt	Optional
Fleece jacket	Yes
Thermals (for cold nights)	Yes
Trousers (such as lightweight cargo trousers, avoid jeans)	Yes
Shorts	Optional
Swimwear	Optional
Underwear (light and loose), socks – both hiking and light	Yes
Dress/Skirt/Sarong	Optional
Lightweight waterproofs (jacket and trousers)	Yes
Walking boots (sturdy well worn In hiking boots)	Yes
Ankle gaiters (for stopping grass scratches and rashes)	Yes
Trainers for evenings	Yes
Wide brimmed hat	Yes
Gloves (thermal lined) & mittens (for the summit)	Yes
Woolly hat/Balaclava (you need to cover your head in its entirety)	Yes
hygiene	
Toothbrush & toothpaste, soap (anti bacterial or bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, antiseptic wipes/dry wash, toilet paper/tissues,	Yes
Razor & cream, sanitary products, shower gel, travel towel, deodorant, hairbrush/comb, nailbrush, vaseline	Optional
health	
Vitamins	Optional
After sun/moisturiser	Optional
Sun protection (factor 30 minimum)	Yes
documents (where relevant, please leave a copy at home with your next of kin)	
Passport	Yes
Flight tickets (you will receive these at the airport)	Yes
Passport photographs	Optional
Cash / Travellers cheques	Yes
Credit card – In case of emergencies	Yes
Travel insurance	Yes
Vaccination certificates (not needed as a condition of entry however very useful if medical attn needed in country, originals not necessary)	Yes
other	
Camera / charger / spare battery	Optional
Binoculars	Optional
Sunglasses (good quality with high 100% UV protection to protect against sun blindness)	Yes
High energy snacks (tracker bars, dried fruit and nuts)	Optional
Contact lenses (bring spare lenses, and glasses in case of dust)	Optional
Gaffa tape (for emergency repairs)	Optional
Padlock	Yes
Cord or string	Optional
Sewing kit	Optional
Note book and pen(s)	Optional
Compass	Optional
Alarm clock, watch	Optional
Adjustable walking poles	Yes
Head torch (with spare batteries and bulb)	Yes
Water Bladder 2 - 3 litres plus a 1 litre thermos flask for summit attempt. Normal bottles will freeze.	Yes
Ear plugs	Optional
Re-sealable plastic bags (for laundry & to protect from damp etc)	Yes
Whistle	Yes
Spare boot laces	Yes

small first aid kit	
Aspirin 500mg aids Altitude Acclimatisation	Yes
Adhesive dressing (plasters) & compeed blister pads/second skins	Yes
Antiseptic spray	Yes
Diarrhoea tablets (Immodium Or Pepto Bismol)	Yes
Re-hydration sachets (2 per day)	Yes
Anti-histamine (ie: Piriton)	Yes
Motion sickness tablets	Optional
Any medication you normally use	Yes
optional mountain equipment (can be hired in country)	
Plastic boots	Optional
Climbing harness	Optional
Crampons	Optional
Hard hat	Optional
Ice Axe	Optional