

brazil rainforest trek & kayak challenge, 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. Good footwear and care of the feet is most important. Well broken-in walking boots should be worn on treks. Trainers are too flimsy for wilderness treks and trainer boots are not appropriate. Sandals leave the feet exposed to sunburn, abrasions, thorns, insect and animal bites.

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.

item	take it?
baggage and sleeping	
Large waterproof rucksack or soft holdall (Approx 70 Litres) for your kit	Yes
Medium waterproof bag to use during the kayaking part of your challenge (your day rucksack may be enough)	Optional
Day rucksack, waterproof (For Sun Cream, Lunch, Camera, Spare battery and memory card, Water Bottles Etc – you may want to use this during the kayaking part of your challenge) – 30 L	Yes
Sleeping bag (two season bag)	Yes
Sleeping mat (thermarest / foam)	Yes
clothing	
Long-sleeved shirt	Optional
T-Shirts	Yes
Fleece jumper	Yes

Trekking trousers	Yes
Shorts	Yes
Swimwear	Yes
Cycling / neoprene shorts to wear whilst kayaking to stop rubbing (no heavy material that holds water)	Yes
Underwear (light And loose), plenty of socks	Yes
Dress/skirt/sarong	Optional
Waterproofs (jacket and trousers)	Yes
Trainers for evening	Yes
Wide-brimmed hat for protection from the sun	Yes
Strap on sandals (Teva's) for wearing whilst kayaking (they will get wet)	Yes
hygiene	
Toothbrush & toothpaste, soap (anti bacterial or bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, antiseptic wipes, toilet paper/tissues, travel towel	Yes
Razor & cream, sanitary products, shower gel, deodorant, hairbrush/comb, vaseline	Optional
health	
Vitamins (not essential but recommended)	Optional
After sun/moisturiser	Optional
Sun protection (factor 30 minimum)	Yes
Insect repellent	Yes
documents (where relevant, please leave a copy at home with your next of kin)	
Passport (and 3 photocopies for emergency)	Yes
Flight tickets (given to you at the airport by a Charity Challenge rep)	Yes
Passport photographs	Optional
Cash	Yes
Travellers cheques (and photocopy for emergency)	Optional
Credit card (useful in emergency)	Yes
Travel insurance (and photocopy for emergency)	Yes
Vaccination certificates (not needed as a condition of entry however very useful if medical attn needed in country, originals not necessary)	Yes
other	
Snorkel & mask (there will not be enough for everyone at the same time so it is advisable to buy locally if you wish to support the economy)	Optional
Camera	Optional
Binoculars	Optional
Sunglasses (good quality with high 100% UV protection)	Yes
High energy snacks (tracker bars, dried fruit and nuts)	Optional
Contact lenses (bring spare lenses, and glasses in case of dust)	Optional
Padlock – always lock your bags when you leave them	Yes
Cord or string	Optional
Sewing kit	Optional
Note book and pen(s)	Optional
Alarm clock, watch	Yes
Torch (with spare batteries and bulb) head torch recommended	Yes
Water Bladder 1-2 litres plus Water Bottle 1 litre	Yes
Ear plugs	Optional
Re-sealable plastic bags (for dirty washing & protect kit from damp)	Yes
Whistle	Optional
Spare boot laces	Optional
small first aid kit	
Pain killers/Paracetamol	Yes
Adhesive dressing (plasters) & Compeed blister pads/Second Skins	Yes
Antiseptic spray	Yes
Rehydration sachets (2 per day)	Yes

Insect repellent (DEET based)	Yes
Diarrhoea tablets	Yes
Anti-histamines (ie: Piriton)	Yes
Motion sickness tablets	Optional
Any medication you normally use	Yes
Knee support – in case you have weak knees when trekking	Optional