

# sahara desert trek, 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? |
|--|----------|
| <b>baggage and sleeping</b>  |          |
| Large Rucksack (A Suitcase Is Not Appropriate)   | Yes      |
| Day Rucksack (For Sun Cream, Camera, spare battery and memory card, Water Bottles Etc) | Yes      |
| Sleeping Bag (2-3 season)  | Yes      |
| <b>clothing</b>  |          |
| Long-Sleeved Shirt   | Yes      |
| T-Shirts   | Yes      |
| Sweatshirt   | Optional |
| Fleece   | Yes      |
| Trousers (Such As Lightweight Cargo Trousers, Avoid Jeans)                             | Yes      |
| Shorts   | Yes      |

|   |          |
|---|----------|
| Swimwear  | Yes      |
| Underwear (Light And Loose)   | Yes      |
| Socks (Hiking/Leisure)  | Yes      |
| Dress/Skirt/Sarong  | Optional |
| Lightweight Waterproof Jacket   | Optional |
| Walking Boots (Sturdy Well Worn In Boots)   | Yes      |
| Trainers For Evenings   | Yes      |
| Sandals/Flip Flops  | Yes      |
| Wide Brimmed Hat  | Yes      |
| Cotton Scarf  | Optional |
| Gaiters   | Optional |
| <b>Hygiene</b>  |          |
| Toothbrush & Toothpaste, Soap (Anti Bacterial Or Bio-Degradable), Shampoo/Conditioner (Bio-Degradable), Lip Salve With Sun Protection, Antiseptic Wipes/Gel, Vaseline | Yes      |
| Razor & Cream, Sanitary Products, Shower Gel, Travel Towel, Deodorant, Toilet Paper/Tissues, Hairbrush/Comb   | Optional |
| Nailbrush   | Optional |
| <b>Health</b>   |          |
| Insect Repellent (Containing DEET)  | Yes      |
| Insect Killer   | Optional |
| Vitamins  | Optional |
| Malaria Tablets (Seek Advice From Your GP)  | Optional |
| After Sun/Moisturiser   | Yes      |
| Sun Protection (Factor 25 Minimum)  | Yes      |
| <b>documents (where relevant, please leave a copy at home with your next of kin)</b>  |          |
| Passport  | Yes      |
| Air Travel Documents (you will receive these at the airport)  | Yes      |
| Passport Photographs  | Optional |
| Cash  | Yes      |
| Travellers Cheques  | Optional |
| Credit Card (for emergencies)   | Yes      |
| Travel Insurance  | Yes      |
| Vaccination Certificates  | Optional |
| <b>Other</b>  |          |
| Camera & spare battery and memory card  | Optional |
| Binoculars  | Optional |
| Sunglasses  | Yes      |
| High Energy Snacks (Tracker Bars, Dried Fruit And Nuts)   | Yes      |
| Contact Lenses (Bring Spare Lenses, And Glasses In Case Of Dust)  | Optional |
| Gaffa Tape (For Emergency Repairs)  | Optional |
| Cord Or String  | Optional |
| Bathplug  | Optional |
| Sewing Kit  | Optional |
| Note Book And Pen   | Optional |
| Compass   | Optional |
| Alarm Clock   | Optional |
| Watch   | Yes      |
| Torch (With Spare Batteries And Bulb) Head Torch Recommended  | Yes      |
| Water Bladder and water bottle (1litre each, minimum)   | Yes      |
| Water Purification Tablets/Iodine Drops   | Yes      |
| Ear Plugs   | Optional |
| Re-Sealable Plastic Bags (For Dirty Washing Etc)  | Yes      |

|   |          |
|---|----------|
| Spare Boot Laces                                    | Optional |
| <b>small first aid kit</b>                          |          |
| Pain Killers/Paracetamol                            | Yes      |
| Adhesive Dressing (Plasters) & Compeed Blister Pads | Yes      |
| Antiseptic Spray                                    | Yes      |
| Diarrhoea Tablets                                   | Yes      |
| Rehydration sachets (2 per day)                     | Yes      |
| Insect repellent (DEET based)                       | Yes      |
| Anti-histamine tablets (i.e: Piriton)               | Yes      |
| Motion sickness tablets                             | Optional |
| Blister plasters                                    | Yes      |
| Zinc oxide tape                                     | Yes      |
| Any Medication You Normally Use                     | Yes      |