

thailand jungle 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 15% discount on equipment from **Nomad Travel Stores** (call 020 8889 7014 and quote the special discount reference **CC1001** or click here to shop with [Nomad Online](#)). Nomad Travel Stores will also put together a first aid kit specifically for your challenges.

We have also negotiated a 15% discount with **Cotswold Outdoor Ltd** at any of their stores nationwide. You will need to quote AF-CHARITY-D7 when making your purchase either online (www.cotswoldoutdoor.com), from the Cotswold Outdoor catalogues, or by mail order Tel. 0844 557 7755 Fax. 01666 575 507. Please [click here](#) to open full details of the scheme.

If you would prefer to hire kit, please contact Trek Hire (01306 886333 or visit www.trekhireuk.com).

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?	3-day jungle trek (NB: you will be carrying this yourself)
baggage and sleeping		
Large rucksack (a suitcase is not appropriate)	Yes	No
Day rucksack (for daily use and to take with kit for 3 day jungle challenge – 30 litres+)	Yes	Yes
Sleeping bag (2-3 season) & liner (As the temperature can be changeable please take both and you can decide which you would like to use once in Thailand. Anything you don't use will be safely stored while you trek)	Yes	Yes

Foam mattress or thermarest (Sleeping mats are now provided locally but for added comfort, should you wish to bring your own, you can do so.)	Optional	Optional
Mosquito net	No	No
clothing		
Long-sleeved shirts (light coloured for sun protection & essential for winter) & t-shirts	Yes	Yes
Sweatshirt /fleece (essential for Feb, March, Nov, Dec)	Yes	Yes
Trousers (lightweight, avoid jeans)	Yes	Yes
Shorts	Optional	Optional
Underwear (light and loose)	Yes	Yes
Socks (hiking and light)	Yes	Yes
Sarong (purchase in Thailand)	Yes	Yes
Lightweight waterproof jacket/poncho (large poncho's can be purchased locally. Essential in July)	Yes	Yes
Flip-flops (very useful for once you've finished hiking each day)	Optional	Optional
Hiking shoes (<u>sturdy</u> & well worn) NB: Footwear is a very personal choice. You will be wading through rivers, so shoes will get wet on some days. There are some sharp rocks to walk over. You may want to take a pair of river shoes as well your boots.	Yes	Yes
Hat	Yes	Yes
Scarf/bandana – very useful for keeping the sweat out of your eyes	Optional	Optional
hygiene		
Toothbrush & toothpaste, travel towel, soap (anti-bacterial or bio-degradable), toilet paper(get in Thailand)	Yes	Yes
Razor & cream, shower gel, shampoo/conditioner (bio-degradable), hairbrush/comb, sanitary products (hard to find outside of BKK), antiseptic wipes, lip salve with sun protection, vaseline	Optional	Optional
health		
Vitamins, after sun/moisturiser	Optional	Optional
Sun protection (factor 30 minimum)	Yes	Yes
documents (where relevant, please leave a copy at home with your next of kin)		
Passport (at least 6 months validity form return date)	Yes	No
Flight tickets (received at the airport)	Yes	No
Travel insurance	Yes	No
Cash	Yes	Yes
Travellers cheques (can be change only in banks during office hours)	Optional	Optional
Credit card (great for emergencies)	Yes	No
Vaccination certificates (not needed as a condition of entry however very useful if medical attn needed in country, originals not necessary)	Optional	Yes
other		
Camera & spare battery and memory card (a waterproof case is advisable for use when kayaking and wading in streams)	Optional	Optional
Binoculars	Optional	Optional
Sunglasses (good quality with high 100% UV protection)	Yes	Yes
High energy Snacks (tracker bars, dried fruit and nuts)	Optional	Optional
Contact lenses (bring spare lenses, and glasses in case of dust)	Optional	Optional
Penknife	Optional	Optional
Note book and pen(s)	Optional	Optional
Alarm clock, watch	Optional	Optional
Adjustable walking poles (recommended for when walking through streams)	Optional	Optional
Torch (head torch recommended with spare batteries; you may spend nights without electricity)	Yes	Yes
Ear plugs	Yes	Yes
Re-sealable plastic bags for wrapping all items whilst trekking	Yes	Yes
Dry bags (can buy cheaply in Bangkok)	Optional	Optional
Water bottle (at least 2litres)	Yes	Yes

small first aid kit		
Pain killers/paracetamol)	Yes	Yes
Adhesive dressing (plasters)	Yes	Yes
Compeed blister pads/second skins (recommended)	Optional	Optional
Antiseptic spray	Optional	Optional
Diarrhoea tablets	Optional	Optional
Re-hydration sachets (2 per day)	Yes	Yes
Any medication you normally use	Yes	Yes
Insect repellent (DEET based, locally bought ones are particularly effective)	Yes	Yes
Insect bite cream (tiger balm, can be bought in Thailand)	Yes	Yes
Prickly heat powder	Optional	Optional