

Below is a guide to the type of kit you should take with you on the challenge.

## RUCKSACKS AND BAGS

- Suitcase or rucksack
- Day rucksack/Duffle bag 20-30l

## BUILDING SITE

- Building boots (sturdy with steel toe caps)
- Building gloves x 3/4

## NB

You will be provided with hard hats, goggles and dust masks.

You may want to bring your own goggles and dust masks so you know they fit comfortably.

## CLOTHING

- Casual clothes for evenings
- Fleece for the evenings
- Lightweight long-sleeved shirt
- Trainers for evenings
- Trekking socks
- Trousers – lightweight cargo, avoid jeans
- T-shirts for building as well as leisure
- Waterproof warm jacket
- Clothes for doing manual labour in (these will get dirty)

## GENERAL EQUIPMENT

- LED Head torch plus spare batteries
- 2 x 1litre water bottles
- Sunglasses

- High energy snacks (tracker bars, dried fruit, chocolate, nuts)
- Dry bags or plastic bags for keeping clothes and docs dry

## SMALL FIRST AID KIT

- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Your own medication
- Deep heat\*
- Knee supporters\*

## TOILETRIES

- Personal toiletries
- Shampoo, conditioner
- Travel towel
- Deodorant
- Tissue/toilet paper
- Insect repellent containing DEET
- Sun screen and after sun

## DOCUMENTS

- Passport
- Visa
- Tickets (given to you at the airport)
- Photocopy of passport
- Cash in US dollars
- Debit card/credit card
- Travel insurance

## OPTIONAL

- Alarm clock/watch
- Bandana (good to keep sun off your neck)
- Camera
- Contact lenses (plus spare glasses)
- Dry shampoo
- Dry wash
- Ear plugs
- Gaffa tape for emergency repairs
- Smart clothes for the celebratory meal
- Swimwear

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at [Outdoorhire](#). They can hire really good quality outdoor equipment for weekends and often hiring a high quality piece of equipment is better than purchasing a cheap version

# MAKING THE MOST OF YOUR KIT

## PACKING

Check out Outdoorhire's useful tips on how to pack your kit bag [here](#). Remember the general rule that if you don't need it, don't bring it. A soft duffel is easier to find your kit in and less likely to be damaged in transit than a framed backpack.

## Clothes

Be sure to bring specific clothing for the building site as they are likely to get dirty and they need to be protective and up to the physical nature of the challenge. You will not be allowed on the construction site without your protective hard boots, hard hats and gloves.

## Hydration

Whilst doing manual labour your fluid needs increase dramatically and hydration is vital, not least to help prevent heat exhaustion. Please bring a refillable water bottle to reduce the amount of plastic bottles used on site. You can refill your bottle every day. Adding [oral rehydration tablets](#) or electrolyte powders to your water can be an option to help maintain a correct electrolyte balance and also makes your water more palatable. Make sure you follow the mixing instructions on the pack and wash bottles and bladders thoroughly after use because the nutrients can help promote bacterial and mould growth.

See Outdoorhire's top tips for hydration [here](#).

## Sun Protection

As the Aussies say, slap on a hat, slip on a shirt and slop on the sunscreen. Wear a broad-brimmed hat and a long sleeved shirt will provide a physical barrier to sunburn. Make sure that you apply sun-screen to exposed areas, not forgetting the backs of your hands and don't forget to take an SPF stick for your lips as well. The sun is very fierce and there is no escape when on the construction site so don't under-estimate it.

## Health

Make sure you take a first-aid kit with you. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. Don't forget your [DEET insect repellent](#)

Please check through the links on the website as to what are the most up to date recommendations for vaccinations that you may need for this challenge.