

CH>RITY
CH>LLENGE



TRIP NOTES

**BELIEVE
ACHIEVE
INSPIRE**

**SUMATRA JUNGLE CHALLENGE
INDONESIA**

Sat 06 Sep - Mon 15 Sep 2025





In aid of your choice of charity

06 Sep - 15 Sep 2025

10 DAYS | INDONESIA | TOUGH

This challenge takes place in the mountainous Gunung Leuser National Park, one of the only places in the world where you can still see Sumatran orang-utans in the wild. Gibbons, elephants, hornbills, Thomas leaf monkeys, macaques, sun bears and the elusive Sumatran tiger are just a handful of the many species found in this unique World Heritage ecosystem.

Be challenged both physically and mentally as you push yourself completely out of your comfort zone on this 5 Day trek in the Sumatran Jungle. Camp under the jungle canopy to the sound of the river closeby. Test your body in a humid and challenging environment with many steep ascents and descents and river crossings while carrying your own kit throughout.

Please Note: It will be necessary to descend with the aid of a rope at some points throughout the week. You should be comfortable to carry at least 10kg of weight in your day pack and have a good level of upper body strength.

- Trek and camp in the beautiful Gunung Leuser National Park
- Fall asleep to the sounds of the rainforest
- Spot wildlife as it swings through the trees
- Learn about the forest and nature's supermarket
- Relax in the eco-lodge amongst the trees

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 06 Sep

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International departure from London

The countdown is over and it's finally time to wave farewell to family and friends and board your flight to Medan. Embrace the nerves, it's time to go!

DAY 2 Sun 07 Sep

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Arrive Medan and transfer to Bukit Lawang

A Charity Challenge representative will meet the group at Kuala Namu Airport for the transfer (approximately 4-5 hours drive) to Bukit Lawang, which literally translates as 'door to the hills'. Once there, we can enjoy the rest of the day acclimatising and relaxing before our evening dinner and a full challenge briefing from the group guide. Overnight in the Ecolodge.

DAY 3 Mon 08 Sep

-

Practice trek (approximately 3-4 hours)

This morning post breakfast you will take on a Practice trek to find your jungle feet and to acclimatise to the hot and humid environment. If you are lucky this will also be your first sightings of the Sumatran Orangutan in their natural habitat, as your trek takes you close by the old feeding platform area. Today is a good opportunity to adjust to the terrain and the climate and get used to your kit.

After lunch you will have the afternoon free to explore Bukit Lawang, pick up any extra kit and spend time packing your kit for your upcoming jungle trek.

Overnight in the Ecolodge.

DAY 4 Tue 09 Sep

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Trek to Camp 1, Adi Black (approximately 5-6 hours)

If necessary your team will split into groups for the jungle trek. Over the next five days, experience steep climbs and ascents with the aid of ropes and local guides who will teach you about the rainforest and its secrets. There are plenty of stops along the way to acclimatise and wipe the sweat from your brow. Tonight spend the night in a jungle camp at Adi Black, the first taste of wild camping.

DAY 5 Wed 10 Sep

-

Trek to Jamur Batu Atas (approximately 5-6 hours)

As you trek deeper into the jungle the forest becomes denser and overgrown, a little more off the beaten track. Today's trek will require walking along a tributary where scrambling over tree roots and rocks will be required. Listen to the sound of the gibbons in the morning or the hornbills overhead, and prepare for steep climbs and descents, including a 30m climb to the top of the jungle ridge where you will trek along before descending back down to the river. Now more

attune to the surroundings, keep a lookout for wildlife as at camp overnight.

DAY 6 Thu 11 Sep

-

Trek to Camp 3, Batu Gajah (approximately 5-6 hours)

It's time to test those all-important tracking skills, keep eyes peeled for wildlife as you trek up river. Explore the jungle like a natural as the guides point out the variety of wildlife and plant species along the way. Take on several more ascents and descents, today reaching a high point of 485m. From the summit drop back into camp with the aid of ropes.

The trekking route ultimately heads for our jungle camp at Batu Gajah

DAY 7 Fri 12 Sep

-

Trek to Limau Hantu (approximately 5-6 hours)

This is the final full day in the Sumatran jungle and we are heading for the Landak River. Be sure to take every opportunity to spot interesting sights along the way, as we make our way to our final jungle camp at Limau Hantu.

DAY 8 Sat 13 Sep

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Limau Hantu to a local project (approximately 4-5 hours)

Post Breakfast, get your river shoes ready for a 1 hour walk upstream (it is essential that you have river shoes with a covered toe, as the walk upstream will be ankle deep with some large rocks under foot). Continue your trek out of the jungle and back to Bukit Lawang to cross your finishing line. You will move directly to your short project visit before celebrating your successes back at the lodge.

Overnight Eco Lodge

DAY 9 Sun 14 Sep

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Return transfer to Medan for international departure

There's time for one last team breakfast before we pack up. The group will then be driven to Medan, from where we board our international flight home.

DAY 10 Mon 15 Sep

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Arrive in UK

Be sure to swap contact with new-found friends and trekking partners before we touchdown early in the UK.

NB

The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group, and so on. We will do our very best to keep to the set itinerary; however, we cannot be held responsible for any last minute changes that may occur. In all such circumstances, your challenge leader will have the final say.



HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

-

Pay a registration fee of £475.00 when you book

Then a balance of £2124.00 (10 weeks before your challenge)

Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

-

Registration fee of £475.00 when you book

Raise a minimum of £4335.00 for your charity.

FLEXI

-

Registration fee of £475.00 when you book

Then £475.00 towards challenge costs (10 weeks before your challenge)

Raise a minimum of £3365.00 for your charity.

You will be invoiced for the air tax and fuel element contribution for your international flights, capped at £250.00, which is due 10 weeks before departure.

WHAT'S INCLUDED

Before you go

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- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- Sponsorship forms
- 16 and 20 week trek/bike training schedule
- Warm up exercise routines
- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance
- Fundraising advice
- Fitness training notes
- Access to training weekends (optional and at additional expense)

On your challenge

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- UK-based 24-hour emergency support line
- Internal transfers (unless otherwise stated in the itinerary)
- Equipment as per the challenge activity
- Drinking water on challenge days
- An English speaking first aid trained challenge leader and full local support team
- A donation to a community project in one of the countries in which we operate
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- A Charity Challenge T-Shirt
- Accommodation during the challenge (usually in twin share)
- Entrance fees to national parks or other places of interest visited on the itinerary
- Three meals a day (unless otherwise stated in the itinerary)
- Full back-up support including first-aid qualified staff and first-aid supplies
- International flights to and from the UK, in economy class (see air tax exclusion below)

WHAT'S NOT INCLUDED

Before you go

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- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Visa (if required)
- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)

THE DETAILS**Fundraising deadlines**

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 12 weeks before departure (by 14/06/2025), and the remaining 20% within 4 weeks of completing the challenge (by 13/10/2025). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

Air tax and fuel element contribution

The air taxes, and fuel element, that make up part of the flight costs can fluctuate significantly before a challenge takes place. As such, we exclude part of these taxes from the initial cost of the challenge and we will invoice you for it 10 weeks before departure. This applies to all participants on all payment options. For the challenge you are booked on this payment will be capped at £250 and we will absorb any amount above that. Please be sure to factor this cost into your budgeting for the challenge.

Typical group size

The typical group size is 8 - 14 participants

Small group supplement

The costs and sponsorship levels on our website are based on a minimum of 8 participants. We can run this trip with 5-7 people, but there will be a small group supplement of £95. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

Optional extras

Business class upgrades*
 Travel insurance
 Single room supplements*
 Extensions at end of trip*
 (*subject to availability)

Travel insurance

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <https://www.campbellirvine.com/charitychallenge>.

Level of Difficulty

Tough: A “tough” trip should be undertaken by someone with previous experience and interest in the activity – whether cycling or trekking. It will usually involve camping, and will certainly be in a remote environment, where facilities are not what you would expect at home. A tough challenge will test you both physically and mentally. The trek will be hilly, and training is essential to ensure you are well prepared.

You will need a very resilient and adventurous nature to take on this challenge, and you should train regularly in a period of at least 5 months leading up to the trek. You can tell your supporters that on your Sumatra Jungle Challenge you will be:

- Trekking for around 5-7 hours per day, covering approximately 45kms over 5 days.
- Carrying all of your jungle gear on your back throughout each day
- Battling the heat and humidity of the jungle
- Sleeping in a shelter with the rest of the group, in the jungle environment
- Attempting steep climbs and descents on muddy slopes, with the help of the occasional tree branch and ropes

Typical day

While in the jungle, you will wake at around 7.30, have breakfast and pack up your belongings for the next section of the walk, including your sleeping bag. Your porters and chef team will fully strike the camp after you start trekking at around 9 am, and they will catch you up before running on to set up the next camp. You will be given enough water for the day's trek. You will be walking for 5-7 hours each day, stopping for a lunch break in the middle of the day. Specific hours of activity for each day are given in the itinerary. The climbs and descents are steep, slippery and should not be underestimated. You will be using ropes in several places to assist your climbs and descents.

Each day will require you to cross rivers. The trek will start with a steep ascent from the river bed to the top of the mountain ridge in the jungle before a steep descent back down to a river bed, where you will be required to make several river crossings a day, to get to your next camp. The camp ground will be located close to the river where you will be sleeping under a tarp under the canopy of the jungle.

Safety

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, an advanced and thorough safety management system. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount.

In terms of your Sumatran Jungle challenge, there are a couple of important points that you should be aware of:

- You may need to undertake a river crossing which may be up to the knee. Your leader will show you the best practice in crossing rivers, and you will have assistance from the leader and guides. However, for safety reasons you should be able to swim 50m fully clothed.
- Most of this trek is very remote, with no vehicle access, and emergency evacuation could take several hours to a

road, with the nearest hospital being 4 hours away from the road in Medan.

- The Guardia bacterium is present in Sumatra. You should not drink from rivers or streams without boiling the water first. All water given to you on the challenge will be boiled.
- You will be in a jungle environment, and sharing the environment with wild animals. There is the chance that you will see snakes, and definitely insects and primates.

Emergencies

The event is not a race and there is always a large discrepancy in people's walking abilities. This is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. In the event of an emergency, your leader will take control, and the procedure will depend on the nature of the emergency and the distance from the eco-lodge.

Swimming Ability

We will not be expecting you to swim as part of the challenge. However, there maybe some river crossings in the jungle for you to navigate, and although Charity Challenge has put safety measures in place to ensure a safe crossing, in the event of an accident or emergency, confidence with swimming and water based activities is essential. Ideally, we would expect you to be able to swim 50m fully clothed.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, a shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our [Responsible Tourism](#) pages, where you will be able to view a list of the projects that we currently support.

Want to know more about the Sumatran Orangutan?

FAQ:

- Orangutans are only found in SE Asia specifically Sumatra and Borneo
- The Bornean Orangutan Population is around 104,700 (endangered) however the Sumatran Orangutan is only approx., 7,500 (critically endangered)
- Sumatran Orangutans are known to be more social than Bornean Orangutans
- In comparison with their orangutan cousins that live in Borneo, the Sumatran Orangutan is slightly smaller, has lighter

hair, and a longer beard. The males also have slimmer cheek pads.

- Sadly, these intelligent and human-like beings are Critically Endangered and are ranked to be one of the rarest primate species on the planet!
- Orangutans build nests to sleep in high in the tree canopy
- Orangutans have a Lifespan of 30-40 years in the wild
- Their Arms are almost twice the length of their legs
- They are the largest tree dwelling animal.
- Orangutans share almost 97% of their DNA with humans.
- A baby Orangutan will stay with its mother for up to 8 years before venturing out alone.
- They only birth once every 7 – 8 years.
- Orangutans eat over 300 different kinds of fruit
- Orangutans can reach up to 1.5m in height and weigh upto 100kg. The armspan of an Orangutan can reach 2m.

Flights

Your flight will depart from London Heathrow and arrive in Kuala Namu Airport (Medan) via either Singapore or Kuala Lumpur. Your flight tickets will be emailed to you before your departure. If you choose to book your own flights please confirm with the Charity Challenge office first, otherwise, you may be liable for your included group flights (please contact flights@charitychallenge.com for further assistance). For more general flights questions, please refer to our main [FAQs page](#).

Please note: Timings of the group flights are subject to change so please take this into consideration when booking domestic travel arrangements to reach your departure airport i.e. book flexible tickets where possible. We are unable to take responsibility for the consequences of missed international flights due to delayed travel arrangements to the airport. We therefore advise you, when booking transport and making any arrangements, to plan to get to the airport in plenty of time allowing for any possible delays which may occur on the day (bad weather, break down, cancellations etc). If you book a domestic flight, in order to get to your international departure airport, please do consider that this flight ticket cannot be linked to the ticket we are organising for you; you will need to collect your luggage, possibly change terminal and check-in again as normal.

Visa

You don't need a visa to enter Indonesia for visits of up to 30 days, calculated to include your date of arrival and date of departure. Visa-free visits can't be extended or transferred to another type of visa. For a list of airports, seaports and land border crossings for entering/exiting Indonesia under this visa waiver scheme, and more information about entry requirements, visit the website of the Indonesian Embassy in London or your nearest Indonesian embassy.

If you're travelling to Indonesia for more than 30 days, you should apply for a visa before you travel, or get a visa on arrival at a cost of US\$35, or the equivalent in Indonesian rupiah. This type of visa is valid for 30 days, and can be extended once (for a maximum of 30 days) by applying to an immigration office within Indonesia.

Insurance

It is a condition of travelling with Charity Challenge that you have a suitable travel insurance policy which covers you for your entire challenge. We have a special policy which covers among other things, medical (emergency, evacuation and

repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge.

If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you must complete and return to Charity Challenge prior to travel.

For more general travel insurance questions, please refer to our main [FAQs page](#).

Vaccinations

For up to date vaccination information please check the NHS 'Fit for Travel' website:

<http://www.fitfortravel.nhs.uk/home.aspx>

Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting, and as such, it may be useful to take a copy of your itinerary with you.

Climate & Terrain

Climate

Indonesia has a tropical climate and is very hot and humid all year round. Many participants find this a shock and quite oppressive at first, and trekking in this type of jungle environment is not to be taken lightly. It is a rainforest environment so you should be prepared with wet weather clothes as well as cool, light layers.

Terrain

You will be trekking in the Gunung Leuser National Park, where you will experience the lush rainforest. You will encounter very steep slippery ascents and descents, for which you will need a lot of core strength as well as the assistance, in some circumstances, of ropes that our guides will attach. The trails can vary from well-worn paths to barely visible breaks in the undergrowth, and you will be battling all of this in the humidity of the jungle! You will also be undertaking many river crossings throughout your journey. See below for information about swimming and water.

Training

Training and fitness are definitely required. It is important that you work specifically on your stamina, Leg and upper body strength and balance in order to get as much out of the challenge as possible. You will be trekking with your kit and so should be able to trek comfortably with a minimum of 10kg of weight on your back (40-50l day sack). You will be taking on steep ascents and descents with some requiring the aid of a rope to descend and so upper body strength will help gratefully with this.

The trek takes place in a mountainous environment, so the best training advice is to get outdoors into some of the

mountains of the UK to familiarise yourself with walking on rugged terrain while carrying weight in your daypack. You need to be able to sustain around 4-7 hours of trekking for 5 continuous days, so if you can then replicating this over a weekend would be fantastic training. You can also look to join one of our [training weekends](#).

Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more [here](#)

Luggage allowance & valuables

The luggage allowance will depend on the airline we are using for your challenge, but in general, it will be one piece of checked baggage at around 23kg. However, the baggage situation is quite specific for Sumatra so please read carefully!

You will be carrying all of your trekking gear for 5 days with you throughout the trek, including your sleeping bag/liner (lightweight as it will be warm at night) but not including any 'group' equipment like food and tents, so you need a suitable rucksack for this kit. We suggest about 40-45L for the trekking section, which you can also use as your hand luggage bag. This should be comfortable, lightweight and have the necessary waist and chest straps to help distribute weight. Pack Toiletries (Eco Friendly) small or share between your group to reduce size and weight of your bag.

You can leave your 'main' bag at the Ecolodge, containing any casual clothes, extra toiletries etc that you won't need during the trek. This should be the bigger bag that you will use for your hold luggage on the plane.

We would suggest that for the trek you are only carrying about 7-10kg of gear and that you train with this weight. More details are available on our comprehensive kit list. As for valuables, the general rule is that if you don't need it, don't bring it. Your passport and any documents should be kept in a plastic bag to protect it from damp or water damage. We recommend bringing several 20-40l size dry bags to separate your dry clothes from wet clothes, as this is inevitable in a hot and humid environment. It is also handy to have all items in your day pack separated into dry bags in the event of getting caught in heavy rains.

Finally, occasionally bags are delayed for 12-24 hours in transit before coming on the next flight out to Medan, Sumatra. Please ensure that you wear your walking boots on the plane, and pack a spare change of trekking clothes into your main bag as well as overnight clothes, in case your bag is delayed in transit.

Please Note: **Portable chargers or power banks** containing a lithium ion battery must be packed in carry-on bags.

Specific regulations regarding power banks may vary depending on the airline, the country you're traveling to, and the type and capacity of the power bank. It's always a good idea to check with the airline and the destination country's regulations before your flight to ensure that you comply with their specific rules regarding power banks

Leadership

There will be an English-speaking challenge leader who will be responsible for the logistics and co-ordination of your challenge. There will also be numerous local support staff to assist them, as well as an expedition medic. The challenge leader will be ultimately responsible for the running of the itinerary and the safety of your group.

Group Size

To minimise the impact of trekking and camping on the environment the group sizes are kept between 10-16 trekkers. At 10 people we will split the group into two smaller groups with one Challenge Leader with each group. The two groups will camp close by to each other but will be staggered on the trails to reduce noise.

The costs and sponsorship levels on our website are based on a minimum of 10 participants. We can run this trip with 6-9 people, but there will be a small group supplement of £75.00. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

Clothing & equipment

Good quality durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. You will also need river shoes (mandatory for this trek) for your river crossings and wading upstream (please no Flipflops), and a very comfortable rucksack of approximately 40-45L to be used while trekking. Make sure you train with your rucksack to get used to the weight of carrying your belongings. Other essentials are a high quality gore-tex waterproof jacket and technical/wicking t-shirts rather than cotton shirts.

Vital Recommendations:

- **Water to Go – water filter bottle:** Water will be boiled to reduce the use of plastic bottles. When rivers are high the water can become a little murky and so we highly recommend that you purchase a Water to Go – water filter bottle so you have that extra filtration and can also top up on the go.
- **Gloves:** You will use rope for some descents to help with slippery terrain and the inevitable holding onto trees, we are strongly recommending you buy a pair of Cycling/gardening gloves to prevent any contact with items on the trees that can irritate the skin.
- **River Shoes with Toe Protector:** This is a mandatory item and you will not be allowed to trek without these as you will be spending a large proportion of time crossing rivers or wading upstream. The river bed is rocky and so it is easy to slip or knock toes on rocks so toe protectors are a must. A good pair of Teva (or similar) can be found in any outdoor shop.

Please click [here](#) for a full kit list for this challenge. As a Charity Challenge participant, you will get members only benefits and/or discounts at a wide range of clothing and equipment suppliers including [Outdoorhire](#), [Cotswold Outdoor](#), [Snow + Rock](#), [Water to Go](#), [Sporttape](#) and [Nomad Travel](#).

Accommodation & Toilets

Accommodation

When in Bukit Lawang, you will be staying at an eco-lodge, which is basic but very lovely and typical of the area, in twin-rooms with en-suite bathroom facilities. If you are travelling with a friend or partner who you wish to share with please ensure that you note this where appropriate when booking or email challenges@charitychallenge.com.

While in the jungle, you will be staying in a shelter alongside all the rest of your fellow trekkers. The sleeping mats will be lined up along the tarpaulin floor, and you will sleep side by side. Toilets will be a dug-out long-drop, surrounded by a toilet tent that the porters will erect and filled in completely every morning. Mosquito nets are provided.

Toilets

These range from very basic ('communing with nature' on the trek itself) to normal western standards in the accommodation. While in camp there will be a long-drop toilet, around which the porters will erect a tent, and there is always hand-washing facilities in camp. You should bring anti-bacterial gels to use frequently, particularly around lunchtime when there is not always access to a water source. It is difficult to stay hygienic in the jungle so anti-bac gels are absolutely essential.

Food & Drink

Food is delicious and very plentiful. When in the eco-lodge you will have a set breakfast and a buffet evening meal, with a variety of meat and vegetable dishes. Food in Indonesia is based on the staples of rice or noodles but is not as spicy as in the neighbouring South East Asian countries. Food during the trek will be pancakes or toast, cheese and eggs for breakfast, fruit and a rice or noodle dish for lunch and various dishes for dinner. Your guides will also be able to show you their techniques for cooking in banana leaves! If you have any dietary requirements please note this on your booking, or email challenges@charitychallenge.com. We would recommend that you also bring plenty of snacks for your trekking days, and particularly something comforting that you will like to eat at the end of a hard day.

Tea, coffee and water will be provided for you throughout the trek. The water is boiled rather than bottled which cuts down on the amount of plastic used. You may want to take a small bottle of cordial with you to flavour the water. You may also wish to take water purification tablets with you.

Money

Currency: The currency in Sumatra is the Rupiah (IDR). For up to date currency exchange, go to www.xe.com. There are ATM's and currency exchanges available at Medan airport however, these are closed in the evenings and on Sundays. Therefore, we advise changing your money before you leave the UK.

Credit/Debit Cards: Once you have transferred to Bukit Lawang you will have no access to money withdrawal, so you should ensure that you have withdrawn or exchanged all of the money that you need prior to leaving Medan airport. However, a credit card in case of emergencies is a good idea.

Cash: All accommodation and meals are included within the price of the trip, as well as water during the days of your

trek. You will not have any opportunities to spend money while actually trekking in the jungle, however at the Ecolodge there are opportunities to buy small gifts, souvenirs, softs drinks or alcohol, so ensure that you have a small amount of cash for those eventualities, as well as money for tips. There is also a small departure tax payable at the airport, of approximately 75,000 IDR (£5). £150-£200 would be a sensible amount, plus a credit card in case of emergencies.

Tipping: Tipping is at your sole discretion and all staff are paid a fair wage. However, tourism is a tipping culture, and our Sumatran guides will generally receive a tip at the end of a job well done. If you choose to tip, we would suggest an amount of £10 per day that you are with the guides (6 days with the full team), which can be given to the challenge leader at the end of the trekking part of the challenge. They will distribute it among the support teams in a tipping ceremony.

Phone & WiFi

In the eco-lodge you will have access to WiFi and phone signal, if your phone provider has service in Sumatra. However, in the jungle you will be away from all connectivity throughout.

Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader or doctor.



This trek was the most amazing experience of my life. The people were exceptionally friendly and accommodating, and the wildlife and terrain is breath-taking and has left me with so many wonderful memories and friendships. It has been a life changing experience.

Shona Williams



A great challenge with extreme rewards! To see orang-utans close up in the wild – phenomenal!

Nigel Topliss



Everyone from guides to leaders were amazing and made sure that we were safe and comfortable. Nothing was too much effort. This is my 4th challenge and by far the most amazing.

Stephanie Brown

CH>RITY CH>LLENGE

Any more questions?

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