

Documents

- Airline tickets
- Travel insurance Document
- Passport (6 months current)
- Visa (acquired on arrival to Port Vila)
- Cash in Vatu (40000VT in small denominations)
- Credit card

Equipment Carriage

- Daypack (30L if hiring a porter)
- Daypack waterproof cover
- Dry bags (Sea to Summit)
- 3 litre water bladder
- 1 litre water bottle (Nalgene)
- 75L backpack and rain cover (loaned by ABT)

Sleeping Equipment

- 2 person tent with mozzie net (loaned by ABT)
- Sleeping bag 0-5 degrees (no bigger than a football)
- Inflatable mattress (Exped synmat or Thermarest)
- Pillow (Thermarest or Blackwolf)

Clothing

- Moisture wicking t-shirt (supplied by ABT)
- Light weight hiking shorts with belt
- Lycra shorts if you chafe (optional)
- Socks (4 to 6 pairs)
- Lightweight fleece jumper
- Rain jacket (optional)
- Hiking boots (good synthetic brand)
- Sandals (Teva, Keen)
- Long sleeve swimming shirt (rashie)
- Hat (broad brim)
- Sunglasses
- Night attire (long pants and shirt)

Miscellaneous

- Head torch (spare batteries)
- Camera (spare batteries)
- Toilet paper (waterproofed)
- Quick dry pocket towel (Sea to Summit)
- Tooth paste and brush
- Deodorant
- Biodegradable soap
- Plastic Eating bowl
- Plastic Mug
- Plastic cutlery
- Gifts for children and porter
- Travel attire for flight home (left in Storage at Hotel)
- Mask and snorkel
- Dive booties (paddle phase)
- Personal flotation device (loaned by ABT)
- Respirator (volcano phase, loaned by ABT)
- Hammock (loaned by ABT)
- Waterproof dive bag (for pack on paddle phase, loaned by ABT)
- Prepaid mobile (purchase at Port Vila)

First Aid Kit

- Strapping tape
- Anti-histamine
- Blister pack
- Band aids
- Alcohol wipes
- Gastrolyte
- Imodium
- Cold and flu tablets
- Anti-inflammatory
- Panadol
- Malaria medication
- Antiseptic cream
- Sunscreen (500ml)
- Tropical strength mozzie repellent
- Alcohol gel hand wash
- Water treatment tablets
- Staminade/ Gatorade
- Baby wipes (cleaning)