

## Documents

- Airline tickets
- Travel insurance Document
- Passport (6 months current)
- Visa
- Yellow fever certificate
- Credit Card
- US dollars in small denominations (tips)

## Equipment Carriage

- Daypack (30L for ready access items)
- Daypack waterproof cover
- Dry bags (Sea to Summit)
- 3 litre water bladder
- 1 litre water bottle (Nalgene)
- 100L duffel bag

## Sleeping Equipment

- 2 person tent (shared and loaned by ABT)
- Sleeping bag -10 degrees (mummy type)
- Sleeping bag liner
- Inflatable mattress (Exped synmat or Thermarest)
- Pillow (Thermarest or Blackwolf)

## Clothing

- Under wear
- Thermal underwear (long johns)
- Moisture wicking shirts x 2
- Norwegian skivvy
- Hiking Trousers
- Down Jacket
- Inner gloves and outer mittens
- Balaclava and beanie
- Water proofs (Gortex jacket and pants)
- Full length Gaiters
- Socks x 6

## Miscellaneous

- Head torch (200 Lumens with spare batteries)
- Camera (spare batteries)
- Toilet paper (waterproofed)
- Quick dry pocket towel (Sea to Summit)
- Tooth paste and brush
- Deodorant
- Pee bottle
- Mobile phone (unlocked with local SIM)
- Trekking poles
- Travel attire for flight home (left in Storage at Hotel)

## First Aid Kit

- Strapping tape
- Diamox (for altitude sickness)
- Anti-histamine
- Blister pack
- Band aids
- Alcohol wipes
- Gastrolyte
- Imodium
- Cold and flu tablets
- Anti-inflammatory
- Panadol
- Malaria medication
- Antiseptic cream
- Sunscreen
- Tropical strength mozzie repellent
- Alcohol gel hand wash
- Water treatment tablets
- Staminade/ Gatorade
- Ear plugs (for sleeping)

If you have any questions about gear and equipment, please have a look at the gear description as posted on our website under the checklist tab or please email or call. We are more than happy to help. The most important item is the boots you are wearing. Please do not feel tempted to wear the old hikers that have been sitting in the cupboard for a few years to save a few bucks. I have seen this happen and the sole of the shoe is usually the first thing to fall off making it a very uncomfortable trek in sandals.