

# ST JOHN'S HOSPICE SAHARA DUNES TREK

## KIT LIST

Planning what to pack for your challenge can seem like a daunting task, but it needn't be! Below is a checklist of items to pack for your Sahara Dunes Trek – these have been separated into Essential and Optional items (indicated by \*) but be sure to use your common sense and personal preferences to avoid over-packing.

We recommend wearing your walking boots on the flight and remember not to pack any penknives, scissors, tweezers etc. in your hand luggage. If you are bringing trekking poles these should be packed into your main bag and not carried as hand luggage.

### Documents

- **Passport:** Must be a ten-year passport with at least 6 months validity from date of travel. Please ensure to keep a photocopy of your passport on you at all times.
- **Visa:** Not required for UK passport holders, other nationalities should check with their nearest embassy.
- **Flight Tickets:** To be collected at the airport
- **Money & credit card**

### Clothing

- T-shirts / wicking trekking tops – avoid cotton as it holds moisture (sweat!)
- Shorts
- Trekking Trousers (zip-off pair ideal)
- Warm jumper / good quality fleece (temperature will drop at night)
- Waterproof trousers
- Waterproof and windproof jacket – Gore-tex or equivalent quality
- Long sleeved shirt
- Warm jacket
- Underwear and socks
- Spare set of clothes for end of trip + celebration meal
- Comfy clothes for evenings
- Thin scarf or buff\*
- Swimming costume – for hotel swimming pool where applicable\*

### Footwear

- Walking boots – well-worn in & waterproofed
- Walking socks
- Trainers / light shoes (for the evenings)



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### Sleeping

- Thermals or something warm to sleep in
- Tracksuit bottoms
- Ear-plugs (if you are a light sleeper)\*
- Alarm clock\*
- Sleeping bag; 3-4 season minimum; down to -5°C
- Sleeping bag liner / sleep sheet (recommended for extra warmth at night)\*
- Light sleeping mat for extra warmth and comfort\*

### General equipment

- 25-30+ litre daypack – you must be able to carry your waterproofs/water bottle/fleece/camera /first aid kit etc. as you will not be able to access your main pack during the day
- Water bottle/Camelbak or Platypus (water bladder) – at least 2 litres
- Warm hat & gloves
- Hat / cap for sun protection
- Small lightweight towel
- Head torch & spare batteries (batteries wear down faster in the desert)
- Large plastic bags to keep things dry inside your rucksack and daypack
- Small plastic bags to keep camera etc. dry inside your daypack
- Camera & spare batteries / memory cards etc. (little opportunity to re-charge)
- Good quality sunglasses
- Trekking poles - useful if you are unsteady on uneven ground\*
- Whistle\*
- Snacks/energy bars/dextrose tablets\*
- Plug adapter\*
- Ski goggles (in case of sand storm)\*
- Pack of cards / book for the evenings\*

### Toiletries

- Insect repellent (we recommend a high strength repellent)
- Sun cream & lip salve (minimum factor 30 – the higher the better!)
- After sun / moisturiser
- 1 roll of toilet paper & small plastic bags
- Wash kit + wet-wipes
- Liquid hand wash (waterless type)

### Personal First Aid Kit

- Imodium / Arret (diarrhoea tablets)
- Dioralyte (rehydration sachets) – essential that you bring a minimum of 2 sachets per trekking day
- Ibuprofen / Paracetamol
- Any medication you regularly take or that you take while exercising
- Plasters and blister dressings (such as Compeed or moleskin and tape)
- Antihistamines

