

EQUIPMENT CHECK LIST

(FOR CROSS-COUNTRY TOUR)

Equipment and clothing is very much a matter of personal preference and choice. However, the list below is general, and it is intended to give guidance only.

FOOTWEAR:

1. Sport shoes
2. Sandals
3. Normal warm shocks

CLOTHES:

1. Sunhat/cap and warm hat
2. Wind/rainproof jacket
3. Fleece wear
4. Light sweater
5. Comfortable trousers
6. Comfortable shirts
7. Underwear
8. Warm gloves
9. Suitable clothes for city wear
10. Bath/face towels

IMPORTANT ADDITIONAL:

1. Comprehensive Personal First Aid Medical Kit
2. Rucksack (35-40 litre volume) to carry your valuables, camera, water bottle, rain gear, emergency medicines and other handy items
3. Sunglasses with 100% UV protection
4. Normal flashlight/headlamp with spare batteries
5. Water bottle (1 litre)
6. Repair kit (Optional)
7. Reading materials (Optional)
8. Camera and binoculars (optional, but recommended)
9. Luggage tags and lock
10. Plastic garbage bags to protect your clothes from rain and dust

TOILETRIES:

1. Sunscreens and lip guard
2. Toothpaste, tooth brush and soap

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3. Anti bacterial hand gel
4. Skin moisturizer
5. Wet wipes
6. Insect repellents

EATERIES/SNACKS:

1. Favorite snacks
2. Energy bars (chocolates)
3. Glucose tablets
4. Electrolytes or Oral Rehydration Solutions (ORS)