

Personal Equipment List – St Nicholas Catholic High School Botswana & Zambia 2016

The following list has been tailored by your Expedition Planner specifically for the team's itinerary.

Please note – In addition to the personal equipment listed here, participants will also be required to carry a share of group equipment/supplies and should leave some space in your expedition backpacks when packing to account for this. At your Expedition Development Day, your Expedition Leader will go through this kit list with you.

Personal Items

Passport and visa	Your passport and visa will allow you to get in to and out of the UK and your destination! It must be valid for at least 6 months after your return date and should be stored in a sealable plastic bag in your money belt.
Personal medication	Your personal medication will allow you to stay healthy whilst you are away. Take enough for the duration of the expedition and a second set just in case you lose them.
Vaccination Certificate	Your vaccination certificate for Yellow Fever is required if your flights transit through South Africa. We will advise you as soon as flights are booked. You can get the vaccination certificate from your doctor when you get vaccinated.
Personal money	Your personal money can be used for presents, treats and souvenirs. We recommend taking around £100.
x1 Passport picture	For use in the unlikely (!) event of a lost passport. Sourcing a photo suitable for a replacement in-country isn't easy.

Carrying and Organising

Expedition rucksack	A rucksack will allow you to carry all your gear. 60-65 litres will be sufficient – any smaller and you won't get everything in, any bigger and you'll take too much stuff! It should have adjustable straps and the length of the back should match yours. When carrying heavy kit, comfort is important.
Daysack	A daysack will allow you to carry just enough stuff for days out exploring without having to carry everything. 30 - 35 litres will be sufficient.
Waterproof stuff sacks	Waterproof stuff sacks are useful for grouping and packing similar items together. A company called 'Exped' has a range of different sized and coloured bags which makes it easier to identify and access items quickly, without emptying your whole bag. Plastic bags are OK, look for good quality strong bags.

Sleeping

3 season sleeping bag	A down or synthetic sleeping bag with a minimum comfort rating of -5 °C will keep you warm and covered up at night. Make sure you protect your sleeping bag against getting wet by putting it inside a large durable plastic bag or dry bag after stuffing inside the original stuff sack. Down sleeping bags do not work if they are wet!
Sleeping bag liner	A sleeping bag liner is like having your own bedding with you! It can be used on its own in hostels or added to a sleeping bag for additional warmth. Usually made of cotton or silk (more expensive) and square or mummy shaped.
Sleeping mat	A sleeping mat will insulate you from the ground and provide comfort. A foam roll mat is functional and cheap whereas an inflatable mat may be more comfortable but is heavier and vulnerable to punctures. A puncture repair kit should be carried with an inflatable mat!

Footwear

Trekking boots	Trekking boots provide essential protection for your feet and ankles when trekking over rough ground. Find a pair that feels comfortable with the socks you're going to wear, and make sure they are 'worn in' before your expedition.
Thick socks	Thick socks provide padding and help prevent blisters when wearing boots for extended periods. Some people prefer one thick pair whilst others prefer one thin and one medium weight – work out which is best for you before you go! The overall thickness of your socks will change the fit of your boots.
Sandals	Not flip-flops! Sandals provide essential protection for your feet when you are in water, and keep your feet cool when you don't need the additional protection of shoes or boots. They should have straps that hold them firmly on your feet.

Clothing – Synthetic materials are best as they 'wick' away moisture when you are hot. Cotton clothing tends to trap moisture creating rubs and discomfort.

Underwear (3 sets)	Your underwear keeps you comfortable. You will only need 3 or 4 sets at most.
Base layer top (2)	A base layer will keep you comfortable by creating warmth in the cold and keeping you dry when you are hot. You will wear a base layer for most of the expedition so you should take a couple. Synthetic tops wick well and will work best for physical activities, particularly in hot climates. A cotton t-shirt or a travel shirt is fine for project work, R&R and travelling.
Mid layer	A mid layer adds warmth when you need it, particularly at night or when you are inactive. Sometimes referred to as 'micro' or '100 weight' fleece with long arms and likely to have a zip neck.
Warm layer	A warm layer will add extra warmth when you need it. Sometimes referred to as '200 weight' fleece and likely to have a full length zip.

Walking trousers	Walking trousers protect your legs – you’ll be living in these so get some that you like. Zip-off lower legs make them more versatile and some have vertical zips at the bottom to allow easy removal over your boots.
Walking Shorts	Walking shorts will keep you cool while trekking in hot environments. Don’t forget your sun cream!
Waterproof jacket	A lightweight waterproof jacket is essential for keeping you dry in the rain and reducing the effects of wind-chill.
Swimwear	Sensible swimwear will allow you to enjoy your time in the water. Whatever you wear, it should keep you covered enough so that you don’t offend the local people. Board shorts are versatile and can be used in and out of the water.
Sun hat	A sun hat with a wide brim will help protect your neck and ears. Dark colours will absorb heat and are best avoided.
Warm hat	A warm hat will keep you warm when you need it.
Scarf or ‘Buff’	A scarf or buff provides protection from dust, drafts, sun, and the cold. In certain cultures/religions it's customary for travellers to cover the shoulders and/or head.

Drinking and Eating

Spoon	A spoon does most jobs. Plastic 'Sporks' are a good option but can break if not looked after. Clip together knife, fork, spoon are either heavy or expensive. A normal kitchen table spoon is perfectly adequate!
Pen knife	A small (blade less than 7cm) simple model will be sufficient. Locking blades are preferable. Useful functions include can opener and scissors. Make sure you learn how to use your knife safely – always cut away from your fleshy bits. Don’t forget to pack it in your hold luggage.
Bowl	Your bowl will be used for breakfast, lunch and dinner. Look for a wide one with deep sides that could act as a plate or a bowl. Try and find a strong, lightweight model.
Mug	Your mug may be used for drinking tea or holding water to brush your teeth. Plastic mugs are light and cheap but may break easily. Insulated mugs will keep your drink warm for longer but are heavier and don’t warm your hands!
Water bottles (2) or Water bottle + hydration bladder	Your water bottles are essential and will allow you to stay hydrated whatever you are doing. You should either take two 1 litre bottles or a 1 litre bottle and a hydration bladder. Bottles should be strong and not leak when sat on, dropped or squashed. Sports bottles are NOT suitable. Hydration bladders are convenient and allow you to drink ‘little and often’ but are vulnerable to puncture and contamination around the valve if a protective cover is not used. Water carriers should ideally be clear so that you can inspect the contents.

Washing

Hair and body wash	Hair and body wash will allow you to get clean when you have the opportunity! All-purpose bio-degradable travel wash is environmentally friendly if you are washing outdoors and can also be used for cleaning dishes or washing clothes. It is highly concentrated so 200ml should be sufficient. Other hair and body wash should be decanted in to smaller travel bottles wherever possible.
Toothbrush and toothpaste	A toothbrush and sufficient toothpaste will help you to keep your gnashers clean. Think about the amount of toothpaste you are taking – a small tube is probably sufficient.
Travel towel	A travel towel will help you get dry when you've been in the water or shower! They are lightweight, low bulk and dry far more quickly than traditional cotton towels.
Toilet bag	A toilet bag may be essential whether you are in a hostel or the middle of nowhere. It should consist of some toilet paper (wind it off the cardboard tube to reduce bulk) and a small bottle of anti-bacterial hand gel. Some nappy sacks are useful for bagging used toilet paper until you can get to a bin.

Health, Safety and Wellbeing

Anti-bacterial hand gel	Anti-bacterial hand gel should be used before you touch anything that is going to go anywhere near your mouth. Hand to mouth transmission of germs is the most common cause of 'traveller's diarrhoea'. A little bit goes a long way, so a 100ml bottle should be sufficient in addition to the one in your toilet bag.
Insect repellent	Insect repellent will stop the insects from biting and spreading any disease that they may be carrying. Brands containing DEET are the best proven and most popular, but avoid concentrations above 50%. Natural alternatives are available.
Sunscreen	Sunscreen will keep your skin safe from UV light in the sunshine and help it to stay moisturised no matter what the weather! Take a small bottle or 'sports pack' of at least factor 30 and keep it in a plastic bag in case it leaks.
Lip balm	Lip balm will keep your lips safe from UV light in the sunshine and help them to stay moisturised whatever you're doing.
Money belt	A money belt worn around the waist will help you to keep your money and passport safe. A re-sealable plastic bag will keep your passport dry as well as safe. Models that are worn around the neck are NOT appropriate. Waterproof models keep your stuff dry but may be bulky and sweaty!
Head torch	A head torch is invaluable for finding your way at night – whether looking for the toilet or getting off a mountain later than planned. LED models are lightweight and power efficient. Use new batteries and take a spare set.
Cheap watch	A cheap watch with an alarm will help you get where you're going. You'd be amazed how many teams miss the bus...

Personal first aid kit	<p>Your personal first aid kit should consist of:</p> <ul style="list-style-type: none"> • A few plasters of different size and shape for minor cuts and grazes • A pack of blister plasters for when your boots rub • 5 re-hydration sachets for when you need to replace electrolytes after excessive sweating. Try the flavour before you go to make sure you like it! <p>The Leader Team will carry a comprehensive first aid and medical kit containing anything else you may require. Do not bring any drugs except for prescribed medication.</p>
Emergency snacks	These should be snacks of substance and low bulk eg flapjack, nuts, dried fruit. Pack enough to keep you going for a morning or afternoon.
Lighter	A lighter is essential for lighting stoves - store in zip lock bag to keep dry.
Sunglasses	Sunglasses are essential for protecting your eyes from UV light in sunshine, particularly when reflected off water or snow. Models with 100% UV protection and a solid case are advisable.
Gardening Gloves	Gardening gloves will protect your hands during the project phase. A cheap pair will do.

Additional Equipment – Additional equipment is optional. Every item here is worth taking but will **also add weight and bulk to your pack. Choose wisely...**

Project items	You may wish to take additional items as gifts for the local people, such as A5 notebooks, pens, pencils, children's (aged 4-7) books, sticky address labels (for name badges), football (deflated) and pump, balls, frisbee, small national flag etc.
Notebook	Keeping a diary will allow you to record your experiences and no doubt will make interesting reading in the future.
Reading book	A book will help you to relax and pass the time on journeys or in camp. Check you're not taking the same as anyone else - you can swap once you've finished them.
Country guide books	Taking a couple of extra guidebooks in the team (the Leader Team will have 2) will allow you to do personal research before you go and whilst on expedition. Take a few between the team, as oppose to one each. There are several travel guide publishers (Lonely Planet, Rough Guide, Bradt and Footprint) avoid all having the same kind and consider copying relevant sections.
Camera	Taking a camera is a no-brainer. Make sure you've got a good size memory card, a case and spare batteries or a means of charging it.
Travel adaptor	A travel adaptor will allow you to charge your electrical devices if/when you find electricity. Check which type you need for your destination. One between two is normally sufficient.

Para Cord	Para cord is useful for just about anything from washing lines to shoelace repairs! 5metres of 4mm should be more than sufficient.
Duct tape	Duct tape will help you to repair most things. Don't take the whole roll, get a small roll or wind some around your water bottle or something similar.
Items to start interactions and conversations	Taking something personal is always a good way to break the ice with new people and share explain part of your culture. You may want to consider taking something such as; a post card of where you're from, personal photos (your family, dog, house, school etc) or a school crest etc.
Ear plugs	Ear plugs are useful for sleeping when travelling overnight or when you're sharing a room with someone that snores!
Sarong	A sarong can be used as cover for getting changed, clothing when it's hot or to dry you when you forgot your towel.
Neutralising Tablets	Neutralising tablets mask the taste of the Chlorine tablets that are used to sterilise drinking water. Some people don't mind the taste (you get used to it quite quickly and don't notice after a while) whilst others are more particular. An alternative to neutralising tablets are flavoured powders or tablets (such as vitamin C tablets) which are added after treatment. Take sufficient for the duration of the expedition.
Wet wipes	Wet wipes are great to keep clean in between washes and take up very little room if you take a small pack.
Walking poles	Telescopic walking poles give extra support when walking over difficult or steep terrain. Particularly useful for people with ankle, knee, hip or back problems.

