

Desert/Overland Kit List



Desert travel is very hot and dry. Temperatures can escalate rapidly and cause heat stroke and death. Clothing should be lightweight and of light colour to reflect the sun. At night the temperature also drops quickly so warm clothing should be taken along with you. Most deserts have nocturnal snakes, scorpions, centipedes and other insects during the summer which necessitates a lightweight tent or bivisac at night. Always try your kit before you go travelling especially your walking boots. If they are not comfortable then you will have a miserable holiday. The kit list we have produced is not comprehensive but we cover most of the areas which you should be looking at—The golden rule is if you do not need it then do not bring it!

Clothing (synthetic/lightweight/light coloured)

<input type="checkbox"/>	Long sleeved shirt
<input type="checkbox"/>	Travel trousers
<input type="checkbox"/>	Shorts: Trousers are probably more practical as they protect your legs in the sun
<input type="checkbox"/>	Underwear
<input type="checkbox"/>	T-Shirts
<input type="checkbox"/>	Fleece - for evenings and nights
<input type="checkbox"/>	Warm hat - for evenings and nights

Baggage/Sleeping

<input type="checkbox"/>	Large rucksack: Top-loader: Try this on numerous occasions before travelling to get used to it
<input type="checkbox"/>	3 season sleeping bag (synthetic, NO Down)
<input type="checkbox"/>	Thermal sleeping bag liner: For warmer nights or for extra insulation
<input type="checkbox"/>	Lightweight tent or bivisac
<input type="checkbox"/>	Lightweight opaque tarpolin for a makeshift shelter from the sun
<input type="checkbox"/>	Sleeping Mat: Foam or Self-inflating but be conscious of the weight

Footwear

<input type="checkbox"/>	Lightweight hiking shoes: Must be able to protect the feet from the hot ground surface
<input type="checkbox"/>	Trainers: Wear only around the campsite after a days trek. DO NOT hike in these
<input type="checkbox"/>	Walking socks - take a number of pairs so you always have a dry pair to reduce the chance of blisters
<input type="checkbox"/>	Blister plasters and foot powder

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At the end of a day the last thing you want to be doing is unloading all of your items on to the desert floor looking for a piece of kit. Pack in categories i.e. wash kit, clothes, cooking equipment etc and put them in bags which can easily be pulled out. Items of kit which you will need on a regular basis should be packed at the top of the rucksack or in side pockets. A pegless clothesline is an essential piece of equipment as you can wash your clothes and let them dry overnight. Always take bio-degradable wash products to safeguard the environment. Wash products now come in a range of sizes so be realistic with how much you are going to use and save on weight, as you are the one who is going to have to carry them.

Wash Kit

<input type="checkbox"/>	Small Wash Bag: This may seem frivolous but it saves so much time in the long run
<input type="checkbox"/>	Biodegradable Soap/Shampoo
<input type="checkbox"/>	Travel Towel: Do not take cotton. They will not dry and provide an ideal micro-climate for microorganisms.
<input type="checkbox"/>	Toothbrush/Toothpaste
<input type="checkbox"/>	Pegless washing line
<input type="checkbox"/>	Sanitary products
<input type="checkbox"/>	Hand sanitizer: ideal for sterilisation on the go

Cookware

<input type="checkbox"/>	Multifuel stove: easier to get fuel in remote areas.
<input type="checkbox"/>	Stormproof matches
<input type="checkbox"/>	Fuel bottle
<input type="checkbox"/>	Mess tins
<input type="checkbox"/>	Mug
<input type="checkbox"/>	Cutlery - a spoon or spork are ideal
<input type="checkbox"/>	Penknife or pocket multitool.

Hardwear

<input type="checkbox"/>	Adjustable walking pole
<input type="checkbox"/>	Torch: Waterproof wind -up torches are ideal as you will not need to carry spare batteries
<input type="checkbox"/>	Camera and replacement batteries/hand operated re-charger. Waterproof cover recommended
<input type="checkbox"/>	Compass/GPS with maps in waterproof case
<input type="checkbox"/>	Whistle

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You will survive for up to 28 days without food but only 4 days without water so supply and re-supply is a very important factor for your trip. In hot conditions you may need to consume up to 20 litres a day to replenish lost moisture through perspiration. Water in the Desert is scarce so you should plan how much you are going to need with the conditions and always carry extra. Sun exposure in the desert is relentless so protecting against it must rank as high as your water requirement. If possible avoid walking during the hottest parts of the day (11am-3pm) and stay in the shade. Sip water regularly. DO NOT wait for your skin to go red before you apply sun cream it will be far too late.

Sun protection

<input type="checkbox"/>	Sun Cream (factor 30 minimum) and sun block
<input type="checkbox"/>	Aftersun Cream/Lotion
<input type="checkbox"/>	Hat - preferably wide brimmed and compatible with a mosquito head net
<input type="checkbox"/>	Sunglasses - Good quality with 100% UV protection
<input type="checkbox"/>	Lip balm
<input type="checkbox"/>	Anti-inflammatory tablets

Insect Protection

<input type="checkbox"/>	Insect Repellent - Deet based as proven to be very effective
<input type="checkbox"/>	Natural Insect Repellent for sensitive skin
<input type="checkbox"/>	Bite relief and antihistamine
<input type="checkbox"/>	Mosquito coils for burning at night and/or citronella candles

Water Purification

<input type="checkbox"/>	Treatment tablets: Either Chlorine based or Iodine based
<input type="checkbox"/>	Small water filter pump and Milbank bag
<input type="checkbox"/>	Water bottles. One for storing water in your pack and the other for day use- taking regular sips

Documents

<input type="checkbox"/>	E111 Form/ Reciprocal Medical Care Form
<input type="checkbox"/>	Travel Insurance
<input type="checkbox"/>	Health/Vaccination Certificate
<input type="checkbox"/>	Personal Health Details for Emergency Treatment
<input type="checkbox"/>	Passport with at least 6 months validity from return date

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Your skin is an effective barrier against germs and so should be protected if this barrier is broken. Cuts, abrasions and bites should be treated with an antiseptic treatment and covered. Any delay could turn a small scratch in to a serious infection. Cleanliness is also very important so a daily washing routine is essential. If you are taking prescribed medicine ensure you take more than is necessary and ensure that you leave details of you medication and any medical conditions with a contact number at home. This information should also be carried on your person in case of any accidents. A first aid kit is essential and should be tailored to you own personal needs. The list below highlights the main essentials but you should investigate your destination for content specifics.

Health

	Fist aid kit to include:
	Antiseptic wipes
	Bandages
	Dressings
	Plasters
	Paracetamol/Ibruprofen/Loperamide
	Zinc Oxide
	Sterile Needles
	Anti-fungal powder/cream
	Re-hydration sachets
	Anti-Malarial tablets - Please seek the advice of your GP
	Diarrhoea and laxative tablets - you never know!
	Small tub of Vaseline
	Prickly heat powder/lotion
	Emergency survival blanket
	Energy bars/trail mix
	Contact lenses - bring spare prescription lenses and glasses in case of loss or infection
	Personal toiletries and medication
	Toilet tissue - Not essential but some comforts are needed!