

# Jungle Kit List



Jungle and tropical travel is very humid, wet and unpredictable. In such an environment travelling light is essential so only take items that are necessary. You will get wet so avoid wearing anything with cotton in it as it takes a long time to dry. Synthetic clothing is easy to wash and quick to dry. Always keep a spare set of dry clothes to change in to at night as you will get a much better nights sleep. We recommend using a dry bag. 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
<input type="checkbox"/>	Underwear
<input type="checkbox"/>	T-Shirts
<input type="checkbox"/>	Lightweight waterproof Jacket/Poncho
<input type="checkbox"/>	Sarong, bandana/hankie

## Baggage/Sleeping

<input type="checkbox"/>	Large Rucksack: Top-loader: Try this on numerous occasions before travelling to get used to it
<input type="checkbox"/>	Sleeping Liner/Lightweight Sleeping Bag (synthetic, NO Down)
<input type="checkbox"/>	Sleeping Mat: Foam or Self-inflating but be conscious of the weight
<input type="checkbox"/>	Hammock with compatible Mosquito Net
<input type="checkbox"/>	Bungees and paracords
<input type="checkbox"/>	Dry-Bags/Waterproof Bags for both keeping clothes dry and isolating wet clothes
<input type="checkbox"/>	Rucksack waterproof cover

## Footwear

<input type="checkbox"/>	Lightweight hiking shoes/sandals: Must withstand getting wet and must be worn in before the trip.
<input type="checkbox"/>	Flip-flops: Wear only around the campsite after a days trek. DO NOT hike in these.
<input type="checkbox"/>	Lightweight socks
<input type="checkbox"/>	Blister plasters and foot powder

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At the end of a day in the jungle the last thing you want to be doing is unloading all of your items on to the wet 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 biodegradable 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. Rain forests and jungles are usually well supplied with streams and rivers and rain-water is generally available but it is very important to purify the water before drinking. You may think that sun exposure in the jungle will be limited due to the thickness of the canopy but some sunlight will reach the ground and the UV strength is strongest around the equator (where most jungles are found) so sun protection is required. DO NOT wait for your skin to go red before you apply sun cream, it will be far too late. Your skin is also an effective barrier against germs.

## 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

	<b>Fist aid kit to include:</b>
	Antiseptic wipes
	Bandages
	Dressings
	Plasters
	Paracetamol/Ibruprofen/Loperamide
	Zinc Oxide
	Sterile Needles
	Anti-fungal powder/cream
	Re-hydration sachets
	Anti-Malarial tablets - Seek advice from your GP
	Diarrhoea and laxative tablets - you never know!
	Small tub of Vaseline
	Prickly heat powder/lotion
	Vitamins
	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!