

# PACKING LIST

## Clothing & Shoes

- Neutral coloured clothing: 1 set for walking
- Clothing: 1 set sleeping clothes
- Underwear and socks
- Fleece
- Beanie
- Rain poncho (can be used as ground sheet)
- Hat (preferably wide brimmed)
- Closed walking shoes/boots/trainers
- Flip-flops for the evenings and water travel
- Gaitors
- Sunglasses/Glasses
- Toilet paper, toothbrush & small toothpaste

## Important Items

- Passport or ID Document
- Photocopies of your Passport or ID
- Insurance Documents
- Personal first aid kit (small)
- Sunscreen
- Extra Batteries

## Tools

- Cooking utensils (spoon to cook & eat with)
- Cooking equipment (stackable camping cooking set)
- Hiking gas stove (plus spare gas canister)
- Sleeping bag (check temperature rating)
- Sleeping bag inner (if needed for warmth)
- Roll-up camping mattress
- Torch/head lamp (strong beam) - new batteries
- Backpack (40 - 60L max)
- Binoculars
- Insect Repellent
- Camera, memory card & charger
- Rehydrate sachets





## Food

- Water:**
- 3 litre bladder for your back-pack
  - Bottles for water - equivalent to 3L
  - Water purification

**Trail Food:** to cater for:

- 5 breakfasts; 4 lunches; 5 dinners
- trail snacks; energy drinks (i.e. game powders)

## MEAL PLAN SUGGESTIONS

-  **Tea/Coffee:** Cappuchino sachets; condensed milk sachets (to sweeten drinks) or normal coffee, tea bags, sugar and powdered milk.
-  **Breakfast:** Instant oats/rusks.
-  **Lunch:** Savoury crackers; Tuna sachets; 2 min noodles; Cup-a-soup sachets or cheese for crackers (best in cooler winter months); avocado (be prepared carry skin and pip out); carrot sticks; cucumber.
-  **Dinner:** Dehydrated dinners; 2 min noodles with tuna; 2 min noodles with a cup of soup to mix; you can add salami/boltong; avocado; carrots; wraps (add salami, avo, cucumber, cherry tomatoes).

## WHAT NOT TO BRING

Tent, Watches, GPS or Runner GPS, Cell phones - even if cameras  
Tablets / IPads, Kindles, Anything electronic