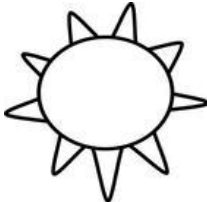



Trek Sahara Kit List

Taking the right equipment for your challenge is very important so just get in touch with any questions – we'll be happy to talk you through it. The following recommendations include clothing for all weathers you may encounter; you may not end up needing all of it, but being prepared is vital.

Weather Conditions <p>The sun can be fierce and there is very little shade, but it gets cold as soon as the sun goes down. You need good quality kit to keep you warm / cool as appropriate.</p> <p>On the whole days are hot; expect to trek in shorts and T-shirt, though early mornings can be chilly. You will need warm layers in camp – there may be frost on the tents in the morning. It can rain in this area of the desert, with occasional strong downpours.</p>	 Average min/max Temp 6 – 30°C	 Average Rainfall 23 – 31mm
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ON TREK

✓	ESSENTIAL Trekking Kit & Clothing	<i>We can't stress enough that you have good quality clothing – it can have a huge impact on how much you enjoy the trek, and whether you are able to complete your challenge. Remember that you will be trekking for full days, whatever the weather. Test your kit out in all weather conditions during training, so you have full confidence in it.</i>
	Walking boots	With firm ankle support for uneven ground. Must be well worn in so they are comfortable; ensure the sole pattern provides plenty of grip and is not too worn. Well worn-in boots are irreplaceable so wear on flight in the (rare) case your luggage is misplaced
	Walking socks	Enough for dry (not necessarily clean!) socks each morning; damp socks can cause blisters. Ensure they wick well, and are the right fit for your boots. Liner socks can make a difference – ensure you have tried out different combinations of socks while training, so you have the perfect fit in time. It is very easy to get blisters in the desert because of the soft, loose sand, but getting the best fit helps
	Wicking base layers	T-shirts or tops made from wicking material are essential in regulating your body temperature; avoid cotton as it absorbs sweat and will make you cold. Tops should cover shoulders; tight, strappy tops may offend local people
	Insulating mid-layer	Warm long-sleeved layer (eg light fleece) for early starts or to pull on at camp. Thinner layers trap warmth and are more effective and versatile than wearing one thick top
	Waterproof windproof jacket	Good quality (eg gore-tex) essential; material should be breathable and seam-sealed. Combining a lightweight waterproof with a fleece layer is more versatile than a heavy jacket which is too hot
	Wide-brimmed hat / cap	For sun protection You can also buy a shamla (traditional desert scarf) en route very cheaply –highly recommended as protects face against sand as well
	Trek trousers / shorts	Bring at least two pairs; zip-off trekking trousers add versatility
	Small day-sack	To carry camera, spare layers, fleece, waterproofs, first aid kit, sun cream, snacks and anything else you need for the day. At least 25-30 litre capacity, adjustable shoulder-straps and hip belt essential. Most have compartments for hydration bladders (below)
	Water bottle(s) / hydration bladder	Should be able to carry min 2 litres. A bladder (eg platypus) allows you to drink easily and regularly without stopping and is highly recommended – ensure a compatible fit with your day-pack
	Sunglasses	Well-fitting; wraparound style useful
	Liquid handwash (waterless)	Small bottle for easy hygienic hand-washing before lunch / snacks – this prevents any bugs spreading around the group
	Toilet paper / wet wipes + plastic bags	There won't always be toilets where you need them! Bags for disposal en-route; fragranced nappy bags are best
	Whistle	For safety reasons if you become separated
	Snacks (eg cereal bars / dextrose tablets/ dried fruit packs / jelly babies)	Extra sources of energy are highly recommended if you are having a tough day, or have special dietary requirements and need a source of extra energy, or if you just need your personal favourites to motivate you! Don't weigh your bag down too much though – snacks can be bought locally too

✓	OPTIONAL Trekking Kit & Clothing	<i>Use your training walks to experiment with your kit. You may not feel you need all the suggestions below, but they can make your trek much more enjoyable or convenient.</i>
	Trekking poles	Useful on steep / uneven ground especially if you are tired or unsteady. Reduces impact on knees considerably. Use them when training to get used to them
	Small towel	You will have little opportunity to wash with water on trek, but may wish to bring one in case. Towels provided in hotels at start & finish
	Waterproof over-trousers	Lightweight so you don't get too hot. You may find wet legs preferable as it's unlikely to rain heavily (though always possible!)
	Ski goggles	Best protection in sandstorms
	Sleeping-bag liner / sleepsheets	Strongly recommended for extra warmth (and convenience of washing); silk is warmer and lighter than cotton
	Sleeping mat	Foam roll-mats are provided (you will be informed if bringing your own is essential) but you can bring your own if you would prefer to. Thermarest-style provides better insulation and comfort than foam roll-mat, and packs down smaller
	Alarm clock	We generally start early, but movement in camp usually acts as an alarm!
	Swimming costume	Hotel most commonly used at end of trip has a pool
	Set of clean clothes	For celebration evening after trek
	Zip-lock freezer bags	For delicate items, eg camera – sand gets everywhere
	Talcum powder / vaseline	Can help with blister prevention - experiment at home while training
	Muscle rub	e.g. deep heat, radian B

NON-TREKKING

✓	General Clothing & Equipment	
	Light trousers Spare short-sleeved top Spare long-sleeved top Underwear & socks Trainers / spare footwear	General clothing for when you're in camp or not trekking, or as spares: ensure you have enough for evenings, any free time and travelling home, but don't over-pack! If you burn easily in the sun bring loose, light clothing to cover up in
	Thick fleece / down jacket	For cold mornings / evenings. Down jackets perfect in dry conditions
	Warm hat and gloves	For camp; sleep in your hat if you feel the cold!
	Nightwear	Loose-fitting garments that trap air around your body are better than tight nightclothes. Thermals are a good option if you feel the cold
	Sleeping-bag Comfort Rating -5°C	Should be comfortable at temperatures between 0 and -5°C (3-4 season)
	Wash kit (eg toothbrush, etc)	Wet wipes recommended as there are limited opportunities to wash. Include ear-plugs if you're a light sleeper
	Head torch	Essential in camp, may be required on longer trekking days; head torch keeps your hands free
	Camera / phone	Using phone camera is convenient, but be aware that in the desert batteries run down quickly. You will not be able to recharge anything in camp
	Chargers / adaptors / spare batteries	For phone, camera etc
	Book / travel games / cards	Useful for evenings
	Kitbag / holdall for main luggage	For your main luggage; you will not be able to access it during the day. Soft-sided luggage essential due to space available, and ease of loading onto camels – absolutely no hard-sided cases
	Large strong plastic bags	To line inside of main bag / wrap items to keep contents dry, especially sleeping bag (also helps to prevent sand getting everywhere)

✓	Small Personal First Aid Kit	<i>Should be carried in your day-pack each day; everyone is different so judge what to trek with and what can be left in your main luggage</i>
	Regular medication	Anything you take regularly or while exercising
	Sun block / sun cream	Minimum SPF 30, and higher than you would use at home
	SPF lip balm After sun / moisturiser	Exposure to the elements can make skin dry
	Painkillers	e.g. ibuprofen, paracetamol
	Insect repellent	
	Plasters and blister dressing	Zinc oxide tape and dressings recommended for covering hot spots and blisters – compeed works well at end of trip, but not recommended when days of trekking still remain
	Rehydration sachets	e.g. dioralyte
	Water purification tablets	Small pack as back-up only – this is purely a safety measure
	Diarrhoea tablets	e.g. imodium

✓	Important Documents & Money	<i>We recommend you have digital copies stored in a safe place you can access if required</i>
	Passport + photocopy	10-year essential (for adults); see FAQs for entry requirements
	Visa	See FAQs for detail
	Money	Dirhams not available from the UK – see FAQs for more detail
	Flight Tickets	To be collected from your tour leader / DA representative at the airport
	Credit Card	Always carry a credit card in case of emergencies
	Travel Insurance Documentation	Advisable to leave a copy with your next of kin too
	Immunisations Record	Useful if you need a record/proof of your vaccinations (see FAQs)
	Money belt	Optional; safe way to carry cash and valuables

Note on Luggage:

- Our support vehicles / camels do not have unlimited space for your luggage, so please ensure it all fits in one soft-sided bag (NOT a hard-sided suitcase), with an additional day-sack for the flight / when trekking
- If you do not have a suitable soft-sided bag for your main luggage, see the [Discover Adventure kitbag](#) which is designed for this kind of trip
- Your luggage allowance on the plane is 20kg. You should not need this much, but you are responsible for any excess baggage costs charged by the airline – most are quite strict. Remember to leave some room for souvenirs!
- Remember not to pack any penknives, scissors, tweezers etc in your hand luggage. Liquids can be carried subject to current restrictions – see <https://www.gov.uk/hand-luggage-restrictions>
- Trekking poles should not be carried on as hand-luggage. They should be packed into your main bag – dismantling them will make them smaller, but if they don't fit, the best option is to secure them well and label them separately in case they become detached
- Be aware that hand-luggage restrictions may sometimes change due to airport security measures
- As a general rule, avoid travelling with anything valuable or irreplaceable