

## Kit List – Poon Hill Trek and Project Visits

The kit you take can make the difference between being 'just a trek' or a 'memorable trek'.

Our kit lists are put together with feedback from our own experiences and those of participants who have taken part in our previous trips. The items on this list do not take into account your personal preferences based on your previous experiences, or individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on [info@different-travel.com](mailto:info@different-travel.com)

\*Please consider eco-friendly or biodegradable options.

### ESSENTIAL

### SUGGESTED

### OPTIONAL

DOCUMENTS & flight essentials	✓
Passport and Copy	
E-Tickets	
Visa approval and US\$30 cash	
Travel insurance	
ATM and credit card (s)	
Cash (£ Sterling)	
Pen for immigration forms	
Sunglasses (preferably polarized)	
Mobile phone + charger	
Camera + spare batteries	

LUGGAGE	✓
Suitcase/large holdall kitbag	
Daypack (25 – 30 litres)	
Hand Luggage (take note of dimensions from airline)	
Combination padlocks	

CLOTHING & FOOTWEAR	✓
Trekking boots: either worn on flight or carried in hand luggage	
Trainers/casual shoes for evenings	
Trek trousers (zip off trousers ideal)	
Non-cotton, technical t-shirts	
Non-cotton long sleeved top/shirt	
Socks and underwear	
Warm fleece layer	
Warm jacket (e.g. down or Primaloft)	
Waterproof jacket and trousers	
Casual clothes for time with community and sightseeing	
Thermal base layer top and trousers	
Sun hat with brim	
Warm hat	
Flip-flops for showers	
Gloves (for trekking and also heavy duty for project)	
Scarf/pashmina for temples	
Neck cooling 'Cobber'/cooling towel and Buff	

HEALTH & HYGIENE	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner, shower gel, nail brush and nail care kit	
Personal first aid kit to include: prescription medicine, insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat), throat lozenges, decongestant, Vaseline	
Hairbrush/comb	
Travel towel	
Feminine care products	

OTHER KIT	✓
Sleeping bag (comfort -5°C)	
Sleeping bag liner (silk/thermal)	
Sun block (high SPF)	
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	
2 ltr water hydration system (e.g. Camelbak)	
1 ltr metal/insulated water bottle	
LED head torch + spare batteries	
Adaptor (European 2 round pin)	
Ear plugs	
Hiking poles – to be stowed in hold luggage for flight	
Energy food/snack bars	
Electrolyte (e.g. NUUN)	
Water purification tablets (e.g. Biox Aqua)	
Swimwear	
Travel pillow	
Portable power bank	
Spare glasses/contact lenses	
Video camera + charger	
MP3 player/ipod	
Books/pack of cards	