

KIT LIST - SRI LANKA TREK

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

*Please consider eco-friendly or biodegradable options.

ESSENTIAL

SUGGESTED

OPTIONAL

DOCUMENTS + FLIGHT ESSENTIALS	✓
Passport and Copy	
E-Tickets + pre departure info	
Visa	
Travel insurance policy details	
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 (for flight)	
Daypack (25 - 30 litres)	
Drybag/rucksack liner	
Hand Luggage (take note of dimensions from airline)	
Combination padlocks	

CLOTHING AND FOOTWEAR	✓
Trekking boots: either worn on flight or carried in hand luggage	
Trainers/slippers for evenings	
Lightweight Trek trousers (zip off trousers ideal)	
Non-cotton, technical t-shirts	
Non-cotton long sleeved top/shirt	
Trek Socks and underwear	
Warm fleece layer	
Warm jacket (e.g. down or Primaloft)	
Large poncho	
Casual clothes for travel days	
Thermal base layer top and trousers	
Sun hat with brim	
Warm hat	
Gloves	
Pyjamas	
Neck cooling 'Cobber'/cooling towel and Buff	
Leech socks	

HEALTH AND 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	
Mosquito net	
Feminine care products	

OTHER KIT	✓
Sun block (high SPF)	
Toilet bag: toilet paper (2 rolls), 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 (multi option)	
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	