

## KIT LIST FOR WORLD CHALLENGE TRAINING WEEKEND

Rucksack (at least 65 litres)  
Waterproof rucksack liner

3-4 season sleeping bag (and liner – optional but recommended)  
Sleeping mat

Walking boots (with good ankle support)  
Proper walking socks (essential to help avoid blisters)  
Waterproof jacket and trousers with taped seams  
Warm, quick drying walking trousers  
Micro-fleece layer  
Fleece layer  
Base layers (normal t-shirts AND thermal layers)  
Gloves and hat

Walking poles if you are going to use them in Ethiopia  
Water bottles with at least two litres of water  
Head torch  
One Whistle  
One set Fork, spoon, mug and plate/bowl (bowl is generally more practical)

£3 for food (no other food should be brought)

Personal hygiene kit for one night away. There is no shower.  
To include:  
Toilet paper  
Wet wipes  
Antibacterial gel  
Insect repellent (formulas with DEET tend to be the most effective)  
Suncream  
Lip salve  
Sufficient sanitary products (females)  
Sufficient personal medication  
Personal first aid kit

One notebook / journal and pen  
One small penknife  
Cheap waterproof watch

More detailed recommendations for kit can be found on the world challenge website.  
E-mail [nrobinson23@wsgfl.org.uk](mailto:nrobinson23@wsgfl.org.uk) with any questions.