



Antipodeans Kit List

For trips that involve time at temperatures of zero degrees and below, without a trek.

General Equipment

- 1 x Travel backpack / duffel bag (65-75 litre)
- 1 x Day bag / backpack (30-40 litre)
- 1 x Sleeping bag (to minus 10 degrees)
- 1 x Sleeping bag liner (silk or fleece)
- 1 x Sleeping mat (TBC – to be confirmed)
- 2 x 1 litre water bottles (1 x Nalgene or similar suitable for hot water)
- 1 x Head torch + spare batteries
- 1 x Camera + charger (no phone cameras)
- 1 x Cheap sunglasses
- 1 x Cheap waterproof watch
- 1 x Money belt
- 3 x zip-lock bags (1 for passport, 1 for personal money, 1 for team money)

Clothing

- 1 x Waterproof jacket
- 2 x Sets of thermal underwear (top + pants)
- 1 x Thick fleece (or down jacket)
- 1 x Thin fleece (or two more thick thermal top)
- 2 x Pants / tracksuit pants (not tight leggings)
- 2 x Gloves (1 thin pair & 1 thicker warmer pair)
- 1 x Beanie (fleece or woolen)
- 1 x Wide-brimmed sunhat
- 1 x Trainers
- 1 x Cheap sandals / thongs / jandals
- 1 x Shorts (knee length)
- 3 x T-shirts (includes Antipodeans t-shirt)
- 5 x Underwear
- 5 x Socks
- 1 x Swimming kit, (swim shorts & a rashie is ideal, plus a one-piece for girls / no bikinis)
- 1 x Travel towel / small bath towel
- 1 x Sarong

Community Project

- 1 x Old long-sleeved shirt for project work
- 1 x Old tracksuit pants for project work
- 1 x Pair strong work / gardening gloves
- 1 x Old Trainers / Boots for project work

Personal Medical Kit

- Personal medication (ventolin inhaler, antihistamines, EpiPen, motion sickness etc.)
- Cold & flu tablets
- 2 x Cough lozenge packs
- Paracetamol / Ibuprofen
- Band aids (variety of sizes)
- Antiseptic cream
- Sports strapping tape or leucoplast
- 10 x Rehydration / electrolyte powder

Toiletries Kit

- 2 x Hand sanitiser gel (50ml bottle)
- 1 x Washroom kit (toothpaste, toothbrush, soap, small shampoo, deodorant etc)
- 1 x Tube high factor sunscreen
- 1 x Tube lip balm / sunblock
- 1 x Insect repellent
- 1 x Pack wet wipes
- 1 x Roll toilet paper (in zip lock bag)
- 1 x Small plastic bottle of laundry detergent

N.B. Students are advised not take expensive items such as mobile phones or music devices, as they can easily be damaged or lost.

Antipodeans also feel mobile phones and music devices take away from the travel experience, the sense of team, adventure, communication and the learning that comes with an Antipodeans trip.