



Antipodeans Kit List

For trips that may involve time at temperatures of zero degrees and below, and include a multi-day trek.

General Equipment

- 1 x Backpack / travel backpack (65-75 litre)
- 1 x Waterproof backpack liner (65-75 litre)
- 1 x Trekking backpack (30-40 litre)
- 1 x Waterproof backpack liner (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)
- Lonely Planet Guide for destination (optional)

Clothing

- 1 x Trekking boots, (light weight & robust)
- 1 x Waterproof jacket, (not a thick ski jacket)
- 1 x Waterproof over-pants (lightweight)
- 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)
- 1 x Trekking pants (quick-drying)
- 2 x Trekking t-shirts / shirts (quick drying)
- 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 Tracksuit pants (not tight leggings)
- 1 x Shorts (knee length)
- 2 x T-shirts (includes Antipodeans t-shirt)
- 5 x Underwear
- 4 x Socks (2 should be thick for trekking)
- 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 for project work (optional)

Personal Medical Kit

- Personal medication (ventolin inhaler, antihistamines, Epipen, motion sickness etc.)
- Cold & flu tablets
- 2 x Cough lozenge packs
- Paracetamol / ibuprofen
- Blister pack
- 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.