

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on the Sahara Desert Trek. We have tried to pare down this kit list to the absolute must-haves for your trek, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

## RUCKSACKS AND BAGS

- Day sack
- Rucksack/Duffel bag

## SLEEPING

- 3-4 season sleeping bag

## FOOTWEAR

- Walking boots with ankle protection (worn in and comfortable)
- Hiking socks
- Trainers/sandals for around camp at night
- Spare laces\*
- Desert/Sand gaiters\*

## CLOTHING

- Lightweight long-sleeved shirt/t-shirt to cover from midday sun
- Lightweight waterproof jacket and trousers
- Wicking t-shirts
- Trousers – lightweight cargo
- Lightweight fleece
- Trekking trousers (not jeans)
- Shorts
- Bandana/buff/scarf\* Helpful for sun & sand protection
- Swimwear
- Sun hat
- Casual clothes for around camp
- Down jacket for night time
- Fleece top for night time
- Hiking shorts\*
- Smart clothes for the celebratory meal\*

## GENERAL TREKKING EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 3L
- Sunglasses
- High energy snacks bars, dried fruit, chocolate, nuts
- Plastic/dry bags for keeping clothes and documents dry
- Walking poles\*
- Portable power bank\*
- Camera\*
- Contact lenses (plus spare glasses)\*
- Small roll of Gaffa tape\*
- Ear plugs\*

## SMALL FIRST AID KIT

- Your own medication
- Pain killers
- Plasters
- Zinc oxide tape or K Tape
- Blister pads such as Compeed
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets/tablets
- Knee supports\*

## TOILETRIES

- Personal toiletries
- Small travel towel
- Anti-bacterial hand gel
- Tissue/toilet paper
- Nappy bags/Ziplock bags for used toilet tissue
- Wet wipes
- Insect repellent containing DEET
- Sunscreen (min factor 30),
- Aftersun/moisturiser
- Towel
- Lip balm with SPF
- Talcum powder

## DOCUMENTS

- Passport
- Tickets
- Photocopy of passport
- Debit/credit card
- Copy of travel insurance

**KEY** \* Indicates Optional

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at **Outdoorhire**. They can hire really good quality outdoor equipment for weekends and often hiring a high quality piece of equipment is better than purchasing a cheap version

# MAKING THE MOST OF YOUR KIT

## PACKING

As no formal clothes are needed, luggage should be kept to the absolute minimum. During this challenge, your main bag will be transported by bus and 4 x 4 vehicles. Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

## CLOTHES

Temperatures can fluctuate enormously between day and night in the desert so lots of light layers are key. Make sure that you wear and test your kit before arrival, particularly your hiking boots & socks.

Whilst it is unlikely to rain in the desert there may be the odd occasion where a light shower falls so we recommend taking lightweight waterproof jacket and trousers. They can also be good protection from the sand if it is windy.

## SLEEPING

Look for a sleeping bag 'Comfort Rated' as close to the anticipated minimum temperature for your trek. In the desert this might be colder than you'd imagine so make sure yours is rated according to the kit list recommendations. Don't forget a silk sleeping bag liner for extra comfort without taking up too much space in your pack. Another handy tip is to keep your camera in your sleeping bag as you sleep. This will conserve the battery, which runs down quickly in cold temperatures. A sleeping mat is not needed as comfy mattresses will be provided but pillows will not. You can always take a pillowcase and stuff it with your clothing or down jacket to rest your head on. Otherwise, you can purchase an inflatable pillow.

## HYDRATION

With high daytime temperatures and exercise, your fluid intake needs to increase dramatically and hydration is vital, not least to prevent heat exhaustion. There are various ways to get the right fluids into your body, with most people using either water bladders or bottles. Another alternative is a widemouth bottle with a drinking tube adaptor ([click here](#) for an example). This set up is easy to fill in trekking conditions and is more versatile than a bladder. Rehydration tablets are always good as they'll help you maintain a healthy balance of electrolytes—like sodium, potassium, and magnesium—which are essential to keeping your body hydrated. Only put rehydration tablets in a water bottle, not a water bladder as they make them go mouldy.

## SUN EXPOSURE

The sun is dangerous and must be treated with respect. Wear a broad-brimmed hat and make sure that you apply sunscreen to exposed areas, not forgetting the backs of your hands and the tops of your feet if barefoot or in sandals. A long-sleeved shirt will also provide a physical barrier to sunburn and don't forget to take an SPF stick for your lips as well.

## CAMPING

Being organised when camping can make life far more comfortable and few things help organisation better than a set of dry bags. They help compartmentalise your kit and keep wet and damp kit separate, and valuables dry. An LED head torch is probably going to be the most useful bit of kit you take; finding stuff at night, reading, going to the loo will all be much easier with a head torch.

## HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide tape is a handy addition, particularly on desert treks where blisters are a problem. Tape up your feet before trekking and this will reduce the chance of you developing hotspots. Hand hygiene is vital on trek, wash your hands thoroughly before eating and keep a bottle of anti-bacteria gel handy for when water isn't available.



## DIETARY REQUIREMENTS

Please let us know if you have any dietary requirements. Whilst our team in Morocco will do their best to meet any special requests, gluten free food is quite limited. We recommend you take a supply of gluten free bread, oats, and pasta that can be used for daily meals as well as gluten free snack bars during the day.

