

World Extreme Medicine Kit List:

Jungle Medicine



You are advised to bring 65L rucksack for travelling weighing no more than 20kg - (if however travelling with a hold all / duffel bag (North face / Mountain Equipment etc) – this is ok BUT you MUST have a rucksack to use on day trips and expedition part of the trip – 45L is OK for this.

Sleeping

- 2 season sleeping bag
- 5m paracord for erecting shelter and repairs
- 5 bungees with hooks at both ends
- Lightweight hammock (the Hennessey Hammock is the best, includes, hammock, mosi net and poncho)

If your hammock is not all inclusive you will need a lightweight hammock (fabric not string) and British army poncho, heavy weight with/without hood and a mosquito net

SHOULD GET A HENNESSEY – ‘bugs can get into the other set ups!!

Jungle trekking

- 3 quick dry long sleeve shirts
- 3 t-shirt poly pro to quick dry
- 3 pairs of lightweight quick dry trousers
- 4 pairs of socks – at least 4 – but all will get soaking! – We recommend one pair of waterproof ‘sealskin socks’.
- 1 pairs of shorts, lightweight
- 1 lightweight fleece
- 1 broad rimmed hat, 360° ideally
- 1 bandana / hankie
- 1 pair of work gloves (leather garden gloves)
- British or American army jungle boots, or lightweight walking boots - NOT walking shoes, you need ankle support. They need to be hard wearing and I would say mid weight boots are probably better – cost about £60-£100.
- 1 pair of teva type sandals – for around camp / better if straps for swimming
- 1 pair of swimming trunks/ costume
- 1 quick dry towel/ sarong
- Rucksack liners and separate dry bags for equipment (more the better, we will be doing river crossings)
- 1 Litre water bottle, wide mouthed Nalgene best
- 1 x 2 Litre bladder water container
- Iodine with dropper, unless thyroid disease or other water disinfecting system. Chlorine dioxide tablets (mainly for expedition part of trip)

Toiletries

- Prescription glasses or contact lenses with spares and cleaning agents
- Soap
- Wet razors, several
- Toothbrush and toothpaste
- Lip balm / with SPF / sun block
- Small shampoo for base camp use - biodegradable wash (available from outdoor shops)
- Personal toiletries
- Suntan lotion P20 best
- Insect repellent, DEET 100 is best / or 'expedition' skin-so-soft Bug guard (brilliant – SPF / repellent and water resistant)

Cooking and eating

- Mess tins 1, own choice
- Mug – best if have a top
- Matches, waterproof container (camera film case) and strike board
- Spoon or spork
- Lighter

Navigation

- Compass (smaller the better)
- GPS if you have one
- Small waterproof cover for map
- Whistle

Miscellaneous

- Camera in case
- Binoculars (optional)
- Sunglasses – and spare pair is a good idea
- Torch, head torch best, spare batteries
- Small candle or portable light
- Solar chargers (optional) – there is no power at the course venue
- Leatherman or swiss army knife – useful but not essential at all

Personal First Aid Kit

We would normally recommend participants bring the kit outlined below, but as medics please feel free to make up your own kit.

- All regular medication (double quantities to keep in two separate places)
- Ibuprofen or other anti-inflammatory or analgesia of choice
- Imodium
- Antiseptic wipes
- Plasters and compeed
- Gauze pads
- Crepe bandage
- Zinc oxide tape
- Adhesive tape
- Small tub of Vaseline and antifungal powder and cream

- Tweezers (not in hand luggage)
- Scissors (not in hand luggage)
- Safety pins (not in hand luggage)

The value of all the items above will become apparent on the course. It is imperative you try the equipment before you arrive in country

Your shelter is possibly the most important section of items, it is worth spending a little extra on a good system.

The jungle is always wet, and keeping your kit dry is essential. Dry bags are cheap and now easy to buy. A good single bag, which lines the whole of your rucksack, with individual dry bags for different sections of equipment, is the best system. Rucksacks are difficult for baggage handlers to move and often get thrown around. Cheap large luggage bags can be acquired which can easily cover your rucksack, they are also harder to get into and if nice and bright make your bag easy to spot and easily identifiable if they are lost.

We recommend a day sack of approximately 25L with cover, and comfortable clothes for travelling to and from destination and a dry bag to put clothes in to keep clean for return. As well as eye pads and wax earplugs for a good night's sleep. Most of the equipment can be bought from most high street outdoor clothing shops or army and navy