

Jungle and Tropical Medicine Course Kit List

You are advised to bring 65L rucksack for travelling weighing no more than 20 kg and containing:

Sleeping

- Sleeping bag liner (or 2 season sleeping bag if you feel the cold)
- Bivibag if you have one
- 5m paracord for erecting shelter and repairs
- 5 bungees with hooks at both ends
- Lightweight hammock (the Hennessy 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.

Jungle trekking

- 2 quick dry long sleeve shirts, pale colour
- 1 t-shirt poly pro to quick dry, pale colour
- 2 pairs of lightweight quick dry trousers
- 2 pairs of socks
- 1 pairs of shorts, lightweight
- 1 lightweight fleece
- 1 broad rimmed hat, 360°
- 1 bandana/ hankie
- 1 pair of work gloves (leather garden gloves)
- 1 pair of short Lycra shorts (good anti leech pants)
- British or American army jungle boots, or lightweight walking boots
- 1 pair of teva type sandals
- 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 purifying system

Toiletries

- Prescription glasses or contact lenses with spares and cleaning agents
- Soap
- Shaving brush
- Wet razors, several
- Small flannel
- Toothbrush and toothpaste
- Lip balm
- Small shampoo for base camp use only

- Ladies toiletries
- Suntan lotion P20 best
- Insect repellent, DEET 100 is best

Cooking and eating

- Mess tins 1, own choice
- Mug
- 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, film, and batteries
- Binoculars (optional)
- Sunglasses
- Torch, head torch best, spare batteries
- Small candle
- Leatherman or swiss army knife

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 nights sleep.

Most of the equipment can be bought from most high street outdoor clothing shops or army and navy stores.