

## Jungle Expedition Kit List

DAY TIME CLOTHING	
One pair of walking trousers (no zip off legs)	<b>'Helikon-Tex OUTDOOR TACTICAL PANTS VERSASTRETCH LITE'</b> are truly excellent for the jungle Treat with Permethrin
Long sleeve shirt (loose fitting, long enough to tuck into trousers)	Most poly/cotton adventure shirts will suffice, a light but dense weave helps keep mosquitos from biting through. <b>'Craghoppers Kiwi long-sleeved shirt'</b> is proven and good value for money Treat with Permethrin
Two pairs of summer weight walking socks	Bridgedale <b>'CoolFusion Trailblaze'</b> and <b>'Woolfusion Ultra Lightweight'</b> are very popular, choice between the two depends on which fits in your boots better, the former is thicker than the latter
Lycra running/cycling shorts (Plain without reinforced gusset) Or Ultralight running shorts	<b>'Under Armour heat gear compression shorts'</b> are very popular or the <b>'Newblance Go 2 Short'</b> with the internal brief cut out
Lycra Sports Bra (no metal underwire)	'Shock Absorbers' brand are popular
Boonie hat	Lots of available choices but all much the same, the fashion is for a short stubby brim but we recommend a full brim to protect from sunburn when on boats.
Nylon belt	Any type so long as it's comfortable under your pack waist strap and doesn't rub anywhere

Boots  (Get purpose designed jungle boots, they need to drain water quickly, waterproof boots will ruin your feet)	It's extremely important that you have proper jungle boots that fit well and are broken in before departure. The <b>Altberg Panama Jungle Classic</b> is a superb boot manufactured in the UK and our recommendation. The <b>Lowa Elite Jungle Boot</b> is also a very good option. Both <b>Altama</b> and <b>Wellco</b> in the US also make a good jungle boot but the regular fit is long and narrow, available in wide and extra wide, be sure to try these on as it can take a few pairs to figure out what size you take (also note these are sized on the American system)
Hydrophobic insoles	Replace the insoles that came with your boots with ones that won't absorb water, it really helps keep your feet from rotting, Superfeet are good, but avoid Sorbothane. The 'LOWA Summer Footbed' is a very good option
<b>NIGHT TIME CLOTHING:</b>	
One pair light weight cotton trousers	Any lightweight small pack size cotton trousers will suffice, something comfortable with a drawstring waist, cotton pyjamas are perfect, but try to pick a style that you will be happy wearing as day clothes for relaxing in
One light weight cotton shirt	Any lightweight small pack size cotton shirt will suffice, something comfortable with chest pockets for your earplugs etc, cotton pyjamas are perfect, but try to pick a style that you will be happy wearing as day clothes for relaxing in
Comfortable socks	We like to carry the same type as our walking socks for no other reason than it means we can use them as walking socks if we have to, these night socks are filled with antifungal powder for sleeping in
Light weight non-water absorbing camp shoes	The Vivo 'Trail Freak' or 'Ultra' are perfect, but very expensive. Any Croc type water shoe will do

### Equipment you need to bring:

Rucksack 50-70ltr	<p>A comfortable and robust pack that will comfortably carry in excess of 15kgs, it must have room to accommodate not only your personal equipment but also 4-5 days of rations plus your water.</p> <p>Avoid excessive padding which holds water.</p> <p>The 'Berghaus Centurio 45' or 'Karrimor Sabre 45' in combination with two 10lt removable PLCE side pouches are popular choices.</p>
Large waterproof dry bag,	<p>A single dry bag that is moderately light weight and a little larger (especially in width) than the inside of your pack. You do not want a heavyweight canoe sack but also consider avoiding some ultralight drybags that are prone to being punctured easily. A valve or other method of removing excess air from inside is often convenient provided it is not prone to failure. 'Bergans Dry bag compression 50lt' is my favourite</p>
Sleeping bag	<p>A lightweight warm weather, synthetic fill, rectangular cut sleeping bag or over quilt with foot pocket. A snugpak jungle bag works well</p>
Hammock	<p>Please give a lot of consideration to your choice hammock, it will become the sanctuary of your sanity. This is not the place to skimp and we assure you that you'll appreciate the comfortable, dry night of rest safe from incessant insects long after you've forgotten the initial price.</p> <p>Anything from Hennessy Hammocks and warbonnet outdoors or UKHammocks.co.uk will be perfect.</p> <p>We also have excellent custom built Jungle Hammocks with included Tarps for rent (£50 for the duration of the expedition) if you don't foresee getting much use from a jungle hammock post expedition.</p>
Tarp	<p>A large silnylon tarp is recommended, you'll need space to both hang your hammock and conduct your personal admin beneath it during torrential downpours. Make sure your hammock fits with ample space beneath the tarp before you leave.</p>

Water containers	Aim to carry 3lt minimum, split over two containers or more. For hydration bladders I highly recommend the following arrangement: 'Source Hydration WLPS 3L' in combination with a separate 'Source Hydration Liquitainer 2lt' and 'Source Universal Tube Adapter'. This will allow you to collect and treat your water in a separate 2lt bag and transfer it to the bladder in your pack without having to open the pack and remove it, very convenient and bombproof.
Water purification (Essential that you get this right)	Purchase a box of <b>OASIS Water Purification Tablets (50)</b> You may also bring alternative water purification methods if you like but be aware that filters are prone to clogging, if you use one be sure it is capable of removing viruses, not just bacteria and protozoa. Don't bring a UV treatment system, they are not reliable in the jungle. I personally like to kill everything with iodine, but unfortunately our favourite system 'Polar Pure' is no longer available in the UK (though you can have it shipped to a US address and then forwarded to the UK)
Metal Spoon and mug	I'm sure you have a favourite
Billy can or mess tin	1 lt capacity or more, to cook for one person
Pocket knife or multitool	A stainless steel folding knife, with a reliable locking mechanism, avoid wooden handles they will swell and warp. A 'Leatherman wave' is ideal
Parang (Machete or similar)	We tend to acquire these in country as each environment lends itself to a specific design and the local made parangs are usually superior (and cheaper) to ones bought online
Sharpening stone	Small sharpening stone, the 'Fällkniven DC4' is ideal.
Whistle	To hang around your neck, the 'Acme Tornado 636 Whistle' is a long standing favourite.
X3 Lighters	At least three TORJET or bic lighters, the only lighters we have found to work reliably in the jungle, cheap too
Waterproof note book and pencil	Anything by 'Rite in the Rain' is ideal
10 meters of paracord	550 paracord comes in many colours
LED Head torch	Petzl tikka or Zipka are perfect, make sure you have a set of spare batteries

Admin bag	A small bum bag or similar to organise your small items and keep essentials such as medical kit, head torch to hand when in your hammock or away from your rucksack. The Maxpedition proteus is popular, I like the 'Hill People Gear kit bag' or the 'Kifaru admin pouch' but they are pricey.
Quick drying towel	'PVA shammy' sold for cleaning cars, get the largest size you can find. Ultralight and the only towel which doesn't smell like something died in it after a week in the jungle.
Camera	Bring something totally waterproof or bring a Pelicase to keep it in and plenty of silica desiccants to keep it from fogging up; even then it may still die, the jungle spirits hate cameras. Bring plenty of spare batteries and a spare memory card.
Phone	The nights are long, bring music and consider a couple of audio books. Ensure it is in a waterproof case.
Work gloves	Light synthetic work gloves, something like the 'Contour Avenger work glove' is perfect
Small dry bag half filled with antifungal powder	A small roll top dry bag large enough to insert your foot into massage with the powder contained therein. Fill with an antifungal powder like mycil
Soap	Cut down to fit in a film container or a concentrated liquid soap (Dr Bronners is good)
Exfoliating glove	Great for washing in rivers and ensuring you don't lose your soap, available in boots and most supermarkets
Toothbrush/toothpaste	
Alcohol gel	Alcohol hand sanitising gel, get one with a cap that won't leak
Earplugs	The industrial type attached by a cord
Needle and thread	For repairing torn clothing
Duct tape	Wrap duct tape around your water bottle or some other item so it's available when you need it.
Silva Sighting compass	A compact sighting compass, 'Silva Ranger SL Compass' will do just fine for this exped or a Silva 54 if you must have the best
Fire lighters	Strips of rubber inner tube, go to your local bike shop and ask for all his scraps! Hexamine fire lighters work also.

Admin mat	Thin foam sit mat or cut down camp mat to stand on outside your hammock to avoid muddy feet whilst changing. Some packs have a removable foam pad inside that can be used for this purpose.
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**Personal Medical Kit - important, you will need all these items:**

Antihistamines	We like diphenhydramine (Benadryl) as it also makes you sleepy, convenient since your usually taking it because your mosquito bites are keeping you awake
Antifungal cream	Lamasil cream is by far the best
Hydrocortisone cream	
Antibiotic powder	Prescription only, but Pretty much essential. Bizarrely its frequently available on amazon
Melonin Non-adherent dressings	5cm <sup>2</sup> and 10cm <sup>2</sup>
Paracetamol	500mg tablets
Ibuprofen	200mg tablets
Compeed	Blister pads
Dioralyte sachets	Oral rehydration solution
Emergency Care Battle Field Dressing– <b>Must have on you at all times</b>	To tape to your parang sheath
C.A.T. Tourniquet – <b>Must have on you at all times</b>	To tape to your parang sheath
Large Cohesive Bandage (aka Vet Wrap) - <b>Must have on you at all times</b>	Equine vet wrap
Tweezers	‘Uncle Bills Sliver grippers’ are good
Tegaderm film	Waterproof dressings, a few sizes
Steri-strips	6mm Two packets
Betadine Povidone Iodine liquid Solution	Small bottle
Tincture of Benzoin	also known as Friars Balsam
Aloe-vera gel sachets	for burns
Leukosilk Fabric Tape	For taping down dressings

Personal medication	
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If you would like to bring your own gas fuel camping stove you are welcome, it's certainly much quicker than cooking over hexamine or open fires, but be aware that threaded camping gas cylinders are not available in certain parts of the world, so you will need to purchase a 'picnic burner cartridge converter' to allow you to use the local bayonet type cylinders, they are usually only a few pounds on eBay.

**Documentation in a waterproof bag:**

- Passport
- Proof of Travel insurance
- Proof of Evacuation Cover (we recommend Battleface Insurance, see link on the footer of our website)

**Additional Kit:**

- A Hammock chair / EDC hammock is a welcome addition to enable you to relax around camp and on the trail without getting your sleeping hammock wet/dirty
- Netted Clothes bag for drying/storing your day's clothes overnight
- Jungle Chair for an A frame seat in base camp locations

**Extra non expedition items:**

We fully understand that you are traveling a long way and you may wish to bring spare clothing and Laptops etc. we do have a small amount of space in our private residence for the storage these Items, it is secure however we cannot take any responsibility for items left there. A rucksack travel bag or cover can help prevent your rucksack from being damaged in transit and provides a bag to store items not being taken into the jungle.

**We have been operating in this environment for over a decade, if it's not on this list your really don't need it!!!**