

Packing list for Nyatsela reviewed 20 January 2019

Personal

Overnight equipment:

- sleeping bag
- camp-roll mattress
- torch or headlamp (solar-powered or with extra batteries)
- towel (light-weight)
- 1x 'Checkers' packet for personal refuse
- 10x zip-lock bags (optional)
- 6x clothes pegs (optional)
- sleeping bag inner (optional)

Clothing: the more light-weight and quick-dry, the better, but make sure the jacket is warm

- 2x sets of underwear (wear one, wash one)
- 2x pants (one for walking, one for camp/sleep)
- 2x shirts (one for walking, one for camp/sleep– long-sleeve walking shirt advisable for fair-skin)
- 2x socks (wear one, wash one)
- 1x swimwear (one-piece)
- 1x warm pants (and/or leggings)
- 1x jersey/sweater/track top (and/or 'skins')
- 1x warm jacket
- 1x beanie
- 1x raincoat (rain-poncho for self and pack; or extra big plastic bag for pack)
- 1x comfortable walking shoes (or running shoes, hiking shoes) – essential
- 1x slip-slops/plastic shoes/water shoes
- 1x hat (essential)
- 1 x sunglasses (optional)

Eating: (Mess kit)

- knife, fork, spoon (or "spork")
- plate, bowl, cup
- sponge, dish cloth or equivalent

Health:

- personal daily medication (please discuss with facilitator)
- toiletries (soap, deodorant, toothbrush, toothpaste, brush/comb) – in plastic bag, e.g. bread bag
- other accessories as necessary (glasses, sanitary wear, bio-medical aids, etc)
- 1x sun cream
- 1x insect repellent
- 1 to 4x water bottle(s) – total of 1 to 2 litres, full on leaving
- 1x toilet roll

Leisure:

- day pack (e.g. string-bag, big enough for water, light jersey, sun cream, snack)
- journal and pen
- camera – one per group only (please register this with the facilitator)
- compass, etc – optional (please register all optional items with the facilitator)

Working Group of 4 or 5 people

Lodging equipment:

- tents (as light-weight as possible): minimal for boys/girls to share separately – WK to provide
- correct pegs, poles, guy-ropes, fly-sheet for tents – WK to provide

Tools:

- small spade x1 per group

Cooking equipment (**this will be purchased once the working groups have been established**):

- 4 or 5x gas canisters (200g or so)
- 2x camping gas stoves
- 2x light (aluminium?) pots about 1-litre
- 2x sharp knives
- 1 small rigid chopping board

Other:

- 1x black plastic bag
- 1x 'Checkers' packet
- soap powder for laundry (optional)
- rope for laundry (optional)
- one camera will be allowed per walking group – NO OTHER ELECTRONIC EQUIPMENT ALLOWED

School will provide where necessary

Lodging equipment:

- groundsheets and ropes (for SOLO)

Tools:

- as necessary

Cooking and campfire equipment

- replacement gas canisters will be provided at reasonable intervals
- wood, matches (or lighter), paper – will be provided when fires are allowed
- larger pots for big-group cooking

Health

- Fully-equipped First Aid kit (as recommended by health expert) will be provided by school
- toilet paper will be provided when yours runs out

Food and drink

- an adequate supply of fresh water will be ensured by the school
- food, drinks, snacks and condiments will be provided by the school in food drops or at night-time stop-overs (**don't** bring your own snacks)

Extra

- plastic bags for refuse removal
- other necessities as the need arises

Group facilitator also to carry: info booklet, phone, money, map, tracker

In food drops: food, toilet paper, plastic bags, gas cannisters, extra medi-care as needed

Please note that a "Leave-No-Trace" policy is adopted by *Nyatsetla*, so environmentally-friendly products and policies are encouraged. [see www.LTN.org](http://www.LTN.org)