



Turaco Trail Kit List



This list is an illustration of the type of items you may need when undertaking the Turaco Trail. This list is to be used as a GUIDE only.

Also see the Turaco Trail Kit Guide for essential advice about the kit you'll need.

FAR and WIDE has a huge range of suitable equipment for hire including: tents, stoves, fuel bottles, rucsacs, sleeping bags, chairs and camping mats, trekking poles, gps units, radios, maps and compasses. See the Turaco Trail Fees Guide for details.

Quantities of some items depends on the duration of your hike e.g 3 day Pungwe Gorge hike or six day thru' hike.

Clothing

Got it	Packed it	Item needed
		1 pair walking boots (broken in)
		2 pairs walking socks
		2 pairs sock liners (optional)
		2-3 t-shirts
		Thermal t-shirt
		2 fleece tops or similar
		1 walking trousers (if appropriate, warm, NOT jeans)
		Underwear
		Nightwear
		Flipflops/trainers/sandals etc (optional for evenings)
		Warm hat and/or sun hat (as appropriate)
		1 pair gloves (if appropriate)
		2 pair shorts (if appropriate)
		Sunblock
		1 pair gaiters (optional)
		Waterproof over-trousers
		Jacket/raincoat (waterproof and windproof)

Personal Kit

Got it	Packed it	Item needed
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Rucksack
 Rucksack liner (or 2 strong plastic bags)
 Sleeping mat
 Sleeping bag (3/4 season)
 Waterproof bag (e.g. for storing sleeping bag)
 Sleeping bag liner (optional)
 Survival bag
 Small quantity of money (optional)
 Note book and pen/pencil
 Watch
 Whistle
 Torch (hand held or head torch)
 Spare batteries and bulb for torch
 Personal first aid kit (see below)
 Emergency food rations
 Water bottle (1-2 Litres)
 Knife, fork, spoon
 Small pocket knife/pocket tool
 Plate/bowl
 Mug
 Box of matches (in waterproof container)
 Wash kit/personal hygiene items (some items could be shared as a group)
 Towel

Group Kit

Got it	Packed it	Item needed
		Tent(s)
		Camping stove(s)
		Camping stove fuel in an appropriate and safe container
		Cooking pans
		Scourers
		Tea towels
		Food (lightweight and including snacks)
		Plastic bags (for rubbish etc.)
		Toilet paper
		Map (see www.turacotrail.co.zw)
		Compass(es)
		Map cases
		Camera (optional)
		Tick remover (optional)
		Trowel

Personal First Aid Kit

Got it	Packed it	Item needed
		At least 2 pairs of disposable vinyl (latex free) disposable gloves
		A large individually wrapped sterile unmedicated wound dressing
		An individually wrapped sterile unmedicated wound dressing
		An assortment of individually wrapped sterile unmedicated adhesive dressings
		An individually wrapped triangular bandage
		2-3 individually wrapped antiseptic wipes
		Crêpe bandage
		Large safety pins
		Small pair of safety/medical scissors
		A pair of tweezers
		Assorted adhesive plasters (e.g. zinc oxide, fabric strip, waterproof)
		Microporous (medical) adhesive tape (or fabric adhesive tape)
		Blister plasters/blister kit
		Chiropody felt
		Burns wound dressing
		Eye wash (can also act as a wound wash)

Participants should make members of your group aware of any relevant medical condition that may impact on their (or others') safety. Participants should also make people aware if they are allergic to anything including antibiotics or any other medicine or drug. Participants might also include in their personal first aid kit appropriate personal medication, painkillers, antiseptic cream, antihistamine/bite cream and rehydration tablets/sachets.