



# 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](http://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.