

Kit List



This list has been compiled by our local Ground Handlers and is based on recommendations from previous expeditions. **Please do take into account your own personal preferences and common sense!**

We welcome feedback on how this list can be improved upon your return from your Challenge.

It is highly recommended that to travel, you use a 'soft hold-all' type of bag and not hard rigid suitcases.

Item	Needed?	✓
Baggage		
Large hold all to check in at Airport	Yes	
Day pack – approx. 35 litres in size with good waist strap	Yes	
Medium sized bag to leave at Hotel with items that you do not need for actual Challenge	Optional	
Clothing		
Waterproofs - top and trousers (can get wet on upper half of Mt Kinabalu)	Yes	
Warm Hat	Yes	
Gloves – to use holding the rope on upper half of Mt Kinabalu	Optional	
Warm jumper / fleece	Yes	
T- Shirts	Yes	
Trekking socks	Yes	
Trekking trousers – lightweight cargo pants are useful – no denim!	Yes	
Trainers – for cycling and general use	Yes	
Shorts	Yes	
Cycling shorts – to avoid chaffing on the bikes!	Optional	
Sun Hat	Yes	
Cycling gloves	Optional	
Swimwear – just in case you fancy a dip and for rafting.	Yes	
Trekking boots – must be worn in with good ankle support	Yes	
Casual clothes for evenings and travelling	Yes	
Underwear	Yes	
Equipment		
Sleeping bag liner – participants do not need a sleeping bag, but may wish to bring a liner	Optional	
Sun glasses	Yes	
Cycling helmet – one is provided if needed	Optional	
Head torch	Yes	
Towel	Yes	
Water bottle (2 litres minimum OR 2 x 1 litres)	Yes	
Trekking poles – come to good use for the descent of Mt Kinabalu	Optional	
Camera and spare batteries and film	Optional	
Health and Hygiene		
Toothbrush, toothpaste, wet wipes (or equivalent), soap (anti-bacterial), shampoo, conditioner, lip salve with sun protection, tissues, razor & cream, deodorant, sanitary products, dry wash	Yes	
Insect repellent, sun lotion (minimum of factor 25), after sun / moisturiser	Yes	
Other		
Energy foods / drinks	Yes	
Mosquito coils if planning to sit outside	Optional	
Contact lenses (bring spares and also your glasses in case of emergency!)	Optional	
Padlock for baggage	Optional	
Ear plugs – the accommodation on the mountain is dormitory style	Optional	
Plastic bags – for dirty washing and keeping items dry	Yes	
Spare boot laces – great for tying things to the outside of your bag also!	Yes	
Small First Aid Kit		
Adhesive dressing (plasters) and Compeed for treatment of blisters, Antiseptic spray, Diaphorrea tablets, Re-hydration sachets, any other personal medication, Paracetamol	Yes	
Documents		
Passport (valid for 6 months AFTER your return) and photocopy, cash, credit card (for emergencies), Travel Insurance, Tickets or e-ticket receipt.	Yes	

You can also hire some kit from TrekHire UK (www.trekhireuk.com) rather than going to the expense of purchasing.