Kit list

**Required for the expedition**

- **A Head Torch**: Ideally with a red setting to maintain night vision as well as spare batteries or better still USB chargeable. We have several spare if you prefer not to buy one.
- **Mosquito repellent**: Should contain deet. Note, mosquitoes are not much of a problem in dry season.
- **A simple Bushcraft knife.** You don’t need to spend much, Mora make an excellent blade for $14, (choose as different color to know which is yours!). If you want to spoil yourself, we also really like knives by Condor and Buck in the $60-$80 range.
- **Sun cream and sun block**: Factor 30 or above, non-scented and waterproof is recommended. If you are sensitive to the sun you might want to also bring some sunblock.
- **A hand luggage bag**: You will be leaving your main bag at the hotel with your valuable and clean clothes in its best If you have a smaller bag or rucksack to take your kit for the island in. (we will be giving you a 30L dry bag which suffices for many who prefer to bring minimal items)
- **Sleeping bag liner or light weight sleeping bag.** Also a sheet or small blanket is perfectly suitable.
- **Lightweight travel towel or sarong**: Water absorbent travel towels are ideal, but a small normal towel or even a sarong is just as fine.
- **Sun hat**: wide brim ideally but a baseball cap will work.
- **Swimming trunks x 2-3**
- **Quick drying top x 2-3**: Synthetic Running tops work well.
- **Underwear x 2/3** – Synthetic, long on the leg ideally. under armor are excellent and prevent chafing when wet.
- **Long sleeve shirt**: Something quick drying and long sleeved Craghoppers make great tops.
- **Trousers**: Quick drying synthetic expedition trousers ideally. Craghoppers again are a good choice.
- **Clean clothes**: Keep a clean set aside for when you return from the island.
- **Lightweight Waterproof jacket**: (Tonga, Polynesia or Panama wet season only)
- **Crocks /reef boots/ or even Some old trainers, –** Useful for walking on the rocks and shallow ocean and an afternoon jungle trek. Ideally tough with a thick sole
- **Flip-flops/sandals**
- **Water bottle** – Nalgene or similar. A wide opening at the top is preferable.
- **Sunglass’s**: With adequate UV protection. Polarized lenses are nice to have.
- **Washing kit**: Small deodorant stick, shampoo, toothpaste and brush and soap for washing in the sea.
- **Money**: The islands we start from are typically small with no ATM’s. Though not required its always useful to carry some cash.
- **Medication** - Any medication you are on or for conditions you might have a disposition towards. Particularly ailments such as cystitis. An Epi-pen if you suffer any severe allergies.
- **A belt**: Useful for your hand knife and machete.
- **Female sanitation**
**Nice to have**

- **Camera/Go pro/Drone**: We welcome good camera equipment so long as you have appropriate storage (pelican box, dry bag with silicon gell etc). We will give you a dry bag whilst on the island and have a few spares.
- **Snorkel mask and fins**: We have 4 sets, but it’s nice to have your own, particularly in the south pacific.
- **Book or Kindle**: We don’t want to lose you to your book, but it can be nice to have on an early night in your hammock.
- **Portable charger**: We have solar charging facilities, but it’s nice to charge your camera battery and have it on your person.
- **Neck bandana/buff**: Small and light they are versatile for keeping the sun or insects off your neck, or sweat out of your eyes.
- **Portable tea/coffee cup**: We have small cups for you. But if you are really into your coffee, a nice thermal travel cup is great.
- **Dry bag**: If you have your own they are always useful. We prefer the light weight version.
- **Fishing equipment**: Keen fisherman? Bring some of your own kit. (though we already have everything you need)
- **Eye mask and earplugs**: It’s a shame to miss out on the sound of lapping waves and cicadas, but if you are a light sleeper you might be grateful for these.
- **Treats/sweets/games**: If there is anything you might really fancy such as, sweets, special tea/coffee, games; chess, Frisbee etc, please feel free to bring them for the training phase.
- **Bring a bottle**: Though drinking on the island is moderated, it is nice to share a drink around the fire in the evening the first 5 nights. If there is something you really like, a bottle is very welcome.
- **something from your country**: We have people attending from all parts of the world. If there is a food/drink/game that is very typical of your country and perhaps a little unusual, bring it along and share it with the group!

**General Kit Advice**:

- Keep clothing synthetic, cotton holds water and take a long time to dry.
- The Salty and sandy environment can be punishing. All equipment such as your camera should be kept in dry bags and with silica gel granules (those little packets that come with new shoes and electronic goods).
- Smoker? We prefer you to bringing rolling tobacco so you don’t have to worry about where your butt’s go.
- Pack light, less is more out here.
- You can safely leave any valuables and clean clothes at the hotel to collect after the expedition.
- You are about to be cast away on a desert island, so in the spirit of the experience, less is more. Many people bring way more items then they invariably use.