Adventure in the Great Outdoors – Access your Great Indoors

PACKING LIST

Everything required for the duration of the Trail must be carried in your backpack.

Below is a complete 'Trail Checklist' to assist participants when packing.

WHAT TO PACK (PERSONALS)

- Walking shoes (already worn in)
- Gaiters (advisable, not compulsory)
- Neutral coloured clothing
- Hat
- Sunglasses
- Flip-flops (optional – for when you are not walking)
- Sarong – can be used as blanket, sun protection and towel
- Sunscreen
- Toothbrush and toothpaste (biodegradable)
- Toilet paper and lighter
- Small towel, face cloth and biodegradable soap (not for use in water systems)
- Waterproof poncho or backpack raincoat/cover to protect backpack and contents in case of rain or dew
- A large Ziplock bag is useful to store your rubbish, wrappings etc.
- Winter nights will be a bit cooler, so a jacket, beanie, buff and a decent sleeping bag is recommended during those months

TRAIL EQUIPMENT

- Backpack (between 40l and 60l +)
- Sleeping bag
- Mattress (simple roll mat for insulation and/or a blow-up mattress)
- Thin yoga mat (optional) to protect any blow-up mattress
- Ground sheet (for under your mattress) and bag
- Small/blow-up pillow (optional)
- Trail fold-up chair (optional – you may thank us though)

- Mini gas cooker and lighter (remember, can't fly with gas canisters)
- Small pot, plate/bowl and mug
- Sharp knife and spoon – you can use a pocketknife/Leatherman
- Water bottles and hydration bladder – should have a capacity of 3–4 litres
- Head torch (spare batteries)
- Binoculars (optional yet important)
- Bivvy bag (optional) for damp or rainy nights (try Rad Bag bivvy – use our promo code for a 10% discount: WildBeing10)
- Water purification tablets/drops or water filter kit

FOOD – DRINKS – REFRESHMENTS (SUGGESTIONS)

Breakfast	Oats-so-easy, Future Life, muesli bars, apple/naartjie
Lunch	Pro-Vitas/Salticrax/wraps, cream cheese, avocado, biltong, salami, tuna sachets, cherry tomatoes, cucumber, carrot
Dinner	Pasta, couscous, salami, instant soup, or dehydrated/freeze-dried trail meals, 2-min noodles
Snacks	Protein bars, biltong, droewors, trail mix/nuts/dried fruit
Drinks	Coffee, tea, juice sachets, rehydrates (NB)

WATER PROVISION WHILE ON TRAIL

Water provision while on Trail is rainfall dependent. During the summer months, when water is plentiful, you'll collect from pools in non-perennial rivers, elephant diggings and depressions/pans in the veld. Once the dry winter months arrive, the guides will do water-drops prior to the start of the Trail.