

## KIT-LIST :: 4x4 VENTURE

Below we have highlighted the kit that we will provide and the kit you need to bring, with a few words of explanation where appropriate. We believe you should not have to spend very much to kit yourself out, hence the reason we provide all the specialist jungle equipment.

Please bring exactly what we list. A sales man may try to sell you a slightly different product and have a good reason for doing so, but don't give into them. You'll be glad you kept to this list when you get here.

### Kit You Need to Bring:

<b>Torch:</b>	Small using AA or AAA batteries. Head torches are ideal, especially those with a red filter, which will stop bugs bothering you at night. Ensure you have spare batteries. <b>Check out;</b> <a href="http://en.petzl.com/petzl/LampesProduits?Produit=475">http://en.petzl.com/petzl/LampesProduits?Produit=475</a>
<b>First Aid kit</b>	We will have a group, exhaustive med kit, but you need to be able to look after small injuries like cuts and blisters from your own kit: You will need <b>Zinc oxide tape</b> , antiseptic wipes, assorted plasters, gloves, wound dressing x2, <b>re-hydration sachets x 12</b> , blister dressing, tweezers, scissors, anti-fungal cream, <b>hydrocortisone cream</b> , <b>foot powder</b> , pain killers, Vaseline. Most high street chemists sell a ready made kit.
<b>Strong string:</b>	Paracord is ideal, bring about 10 metres, it has loads of uses. It must be a dark colour (green) and fine – 2mm maximum.
<b>Mosquito repellent:</b>	Preferably with 50% deet. No more. 1 x 50ml bottle is ample.
<b>Sun cream:</b>	Including sun block if necessary. Get UVA & UVB sun block, no more than factor 30 which is waterproof and non scented, so as not to attract insects.
<b>Notebook &amp; Pencil:</b>	A pencil is better as it will not run out or explode all over the notebook etc. Waterproof, breast pocket size note books are ideal. Check out <a href="http://www.riteintherain.com">www.riteintherain.com</a>
<b>Sarong / Towel:</b>	Multiple uses including as a towel and hiding your modesty! The neoprene, water absorbent travel towels are good, but a small normal towel is fine, though a sarong is best.
<b>Swimmers:</b>	Swimming costume, shorts etc.
<b>Trail shoes</b>	Lightweight, low ankle hiking type shoes which you can wear as a second shoe during the evenings when in the jungle or on the 4x4 or trail and which you can also wear for riding the horses.
<b>Sewing kit:</b>	For those running repairs. Not too bulky, but enough to last. Most repairs will be the likes of clothing rips.
<b>Sun hat:</b>	Full brim are best, keeps the sun off in the heat of the day. We will get real cowboy hats when we get to the ranch!
<b>Washing kit:</b>	Keep to a minimum. Do not use pop top caps; get screw top otherwise your tooth paste will explode in your pack – nice! Bring all the sanitary items you need too. <b>A 200ml bottle of liquid soap is ideal. A small pack of wet wipes is also very useful.</b>

## What You Wear / Miscellaneous:

<b>Boots:</b>	Comfortable boots. <b>Do not bring Gore-Tex lined boots.</b> US or British Army jungle boots are by far the best by miles and miles. Get these if you possibly can, you will be grateful. They are pretty cheap at about £40 and after the trip you can always leave them for the locals' jungle guides, who love them.  The most important thing though is that your boots are comfortable for you, so if you can't find real jungle boots, keep this as the main criteria!
<b>Trousers x 3 pairs:</b>	Lightweight, which dry quickly and are full leg length. You wear one pair during the day and change into your spare pair for the night time. You may want a basic cloth adjustable belt if they do not come with one already. Do not bring leather belts! Do not bring bright colours or flowery patterns. They attract insects.  Also bring one pair of old, comfortable jeans. These are ideal for the ranch phase, though they will take the nocks somewhat so don't bring your most expensive pair!
<b>Shirt x 2:</b>	Lightweight, long sleeved with breast pockets and collar to keep sun off your neck if possible. Ensure pockets can be buttoned so your gear does not fall out. <b>Do not bring heavier jackets or similar.</b> Ensure shirt tails fit into your trousers well and do not always pull out, leaving a nice bit of skin for bugs to bite! You wear one during the day and change into your spare one for the night time.
<b>Underwear x 3 pairs:</b>	Whatever is comfortable and quick drying. Non-padded cycling shorts and sports bras (for you chaps!) are good as are standard boxer shorts as they tend to prevent chaffing problems. Everyone needs to think about this as chaffing of the thighs is painful, so prevent it with the right underwear. You wear one pair during the day and change into your spare pair for the night time.
<b>Socks x 3 pairs:</b>	Hiking type. Ensure they do not have too many man made fibres in them. You wear one pair during the day and change into your spare pair for the night time.
<b>Lighters:</b>	Plastic cheapo types. Zippo's etc will be lost. Just bring one or two.
<b>Sweat rags:</b>	Old T-shirt cut up is perfect.
<b>Watch:</b>	Waterproof, alarm and light on it.
<b>Photocopies:</b>	Good idea generally when traveling to have copies of passport, vaccination card, flight tickets etc. We will store any valuables and spare kit you do not want to take into the jungle.
<b>Cash:</b>	US\$ cash is best, we can change into GY\$ cash for you as you cannot get this easily outside of Guyana. Traveler's cheques and credit cards are no good outside of Georgetown as you need a bank and you will be at least 450kms from the nearest one in the jungle. Dependent on your course and how many souvenirs you want anywhere from US\$200 to \$400 will suffice.
<b>Vaccination card:</b>	Essential
<b>Shades:</b>	Cooler the better.

## Additional / Extra Kit:

The following are items you may want to bring, but are not essential. **Don't forget you have to keep your luggage weight to 30lbs or less.**

<b>Cameras:</b>	Bring it! The main thing is to protect your equipment from the wet and knocks. A bag, which is 100% waterproof, plus a load of silica gel bags to keep moisture down, then pad the lot out with useful items, like a sarong. It is worth the risk! Small, waterproof digital cameras are great, but make sure you have spare batteries and memory cards, there is little chance to recharge. The new Lithium batteries are excellent. AAA/AA/C/D Cell all available now – they last ages! <b>Bring the download cable too.</b>
<b>Books:</b>	For those quiet nights. It would be great if you could bring a few to leave behind so we can build a small library for the local people. Anything at all is great, novels, pictures, biographies, travel guides – anything as long as they are in English!
<b>Extra clothes:</b>	T-shirts, shorts, warm top, extra sarong, trousers, shirts etc. for the last night drink up, international travel and so on.

<b>Goodies</b>	The likes of a favourite snack bar, sachets of coffee, sugar, your favourite tea and so on. Keep it very basic and to a minimum, it is purely a little luxury for you when you get out of the jungle. If you have a multi tool like a leather man, bring that too. Centrum type multi vitamin tablets are a good idea as is a tube of superglue. You never know what precious item will break, like the sole off your boot, and only superglue has a chance of working in the jungle!!
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### What We Will Provide:

<b>Hammock</b>	lightweight
<b>Mosquito net</b>	To fit around the hammock
<b>Basha</b>	To keep the rain off.
<b>Rucksack</b>	You can bring your own or we will provide. It needs to be robust and big enough to carry your personal gear plus group stores. A 75 Litre pack is fine.
<b>Iodine:</b>	1 x 20ml bottle of iodine droplets. Do not bring anything else including iodine tablets unless you have an allergy or other such medical problem with iodine.
<b>Sleeping bag:</b>	We will provide a lightweight sleeping bag. If you do have your own please feel free to bring it along, but it must be very small and lightweight.
<b>Hydration bag</b>	Camelbak or similar. They hold 2 or 3 litres. It means you can sip water on the move.
<b>Canoe Bag</b>	To line your rucksack and keep the contents dry during river crossings etc
<b>Machete &amp; knife</b>	With leather sheath
<b>Stuff sacks</b>	Water resistant bags you use to compartmentalize your kit within your rucksack.
<b>Eating kit:</b>	Mess tin and spoon.
<b>Sleeping mat:</b>	For powdering your feet under your basha and the likes
<b>Compass &amp; Whistle:</b>	Silva type, marked in degrees and or mils + orange emergency whistle.
<b>Safety kit:</b>	As needed and includes climbing helmets, lifejackets, karabiners, light sticks, radios, satellite phones, med kit, rope etc.
<b>Miscellaneous kit:</b>	We will provide all sorts of odds and ends like ziplock bags, duct tape, extra string, fishing kit and of course all the gear for the 4x4 and ranch phase!

**If you have some of this kit yourself and wish to bring it as you are more comfortable with it then fine, bring it.**

Please keep your kit to the minimum and as light as possible. Some of the small planes we use will not take off if you bring the kitchen sink, so it will be left behind.

**All the gear you bring with you should weigh no more than 30lbs.**