

Exped: Madagascar

Mandatory Kit List

The countdown is on!

Time to get kitted out...

<u>Bag & Packing Systems</u>	☐ Fastpacking Rucksack (30-40L recommended) This will be your primary pack during the trekking sections of the expedition. It should be comfortable enough to carry for long days and large enough to hold your daily essentials, including water, food, waterproofs, spare clothing, personal medication, and safety equipment. A well-fitted pack will significantly improve comfort and reduce fatigue. <u>BUY HERE</u> ☐ Waterproof Rucksack Liner A large dry bag or pack liner (such as those made by Ortlieb, Sea to Summit, or Podsacs) should be used inside your fastpacking pack to keep your kit dry. River crossings, tropical rain, and rafting sections can quickly soak unprotected equipment. ☐ Small Dry Bags (Various Sizes) Use several small waterproof bags to organise your kit and protect critical items such as clothing, electronics, medication, documents, and sleeping gear. We recommend colour-coding or clearly labelling bags to make equipment easy to find. ☐ Rafting Transition Bag A named dry bag containing equipment needed specifically for the rafting section. This may include river clothing, paddling gloves, extra sun protection, and any personal items required on the water. This bag will be transported separately and made available at the rafting transition point. ☐ Waterproof Wallet or Document Pouch For passports, travel documents, cash, cards, insurance details, and emergency contact information. Waterproof protection is essential given the expedition's river elements.
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<u>Clothing</u>	The goal is to stay protected from the sun, insects, vegetation, rain, and changing temperatures while keeping weight to a minimum. ☐ Long-Sleeved Technical Tops (x2) Lightweight, quick-drying tops provide protection from strong tropical sun, insects, and vegetation. Synthetic or merino fabrics are recommended. Avoid dark blue and black clothing as these colours can attract biting insects. ☐ Lightweight Trekking Trousers or Running Leggings (x2) Full-length trousers help protect against sun exposure, insects, and scratches from vegetation. Choose lightweight, breathable materials that dry quickly. ☐ Mid-Layer Fleece or Lightweight Insulated Jacket (x1) Essential for cooler mornings, evenings, and higher-altitude camps. Lightweight synthetic insulated jackets often provide excellent warmth while taking up very little pack space. BUY HERE ☐ Waterproof Jacket (x1) A lightweight, breathable waterproof shell is essential for protection during tropical downpours, windy conditions, and river travel. BUY HERE. ☐ Waterproof Trousers (x1) As above. BUY HERE. ☐ Hiking/running Socks (x3-4 Pairs) Lightweight trekking socks that dry quickly and help minimise friction and blisters. Rotating pairs allows socks to dry between uses. BUY HERE ☐ Sleeping Clothes (x1 Set) A dedicated set of lightweight, clean clothes reserved for sleeping. This can significantly improve comfort, particularly after long days on the trail or river, and helps keep your sleeping bag cleaner throughout the expedition. Lightweight leggings and a long-sleeved base layer are ideal. ☐ Travel Clothes A comfortable set/s of clothing for international travel and time spent in Antananarivo before and after the expedition. These items can usually be left securely at the hotel during the expedition itself.
<u>Footwear</u>	☐ Trail Running Shoes or Lightweight Hiking Shoes (x1 Pair) Comfortable, well-worn-in footwear is essential. Shoes should provide good grip across muddy trails, rocky terrain, and wet conditions. Avoid waterproof-lined (Gore-tex) footwear where possible, as once wet, it can take a long time to dry. BUY HERE. ☐ River Shoes or Sports Sandals (x1 Pair) Required for rafting, river crossings, and around camp. They should have secure straps and good grip. Flip-flops are not suitable.

	☐ Lightweight Hiking Poles (Optional but Recommended) Highly recommended for the trekking sections of the expedition, particularly when carrying a loaded pack over uneven, steep, or muddy terrain. Hiking poles can help reduce strain on your knees and lower body, improve balance on challenging ground, and provide additional stability during river crossings. Collapsible or folding poles are ideal as they can be packed away easily during the rafting sections. BUY HERE.
<u>Sun Protection</u>	
	☐ Wide-Brimmed Sun Hat Provides protection for the face, ears, and neck from prolonged sun exposure.
	☐ Cap or Visor Useful during trekking and can also be worn comfortably under a rafting helmet. BUY HERE.
	☐ Sunglasses Essential for protection from strong sunlight, particularly on open rivers and exposed terrain. Plus a cord to keep them on. BUY HERE
<u>Rafting Equipment</u>	
	☐ Paddling or Cycling Gloves Half-finger gloves help prevent blisters and improve grip during long periods of paddling. They also provide some protection from sun exposure.
	☐ Quick-Drying River Clothing Lightweight clothing that can be worn while rafting. Avoid cotton, as it remains wet and can become uncomfortable.
<u>Extras</u>	☐ Headtorch with Spare Batteries For moving safely around camp after dark and as an emergency backup. BUY HERE
	☐ Reusable Water Bottles or Hydration System (2-3 Litres Capacity) You should be able to comfortably carry sufficient water between refill points. BUY HERE.
	☐ Water filtration system (portable water filter such as the Katadyn BeFree or Sawyer Squeeze)
	☐ Water purification tablets (x 30) (backup water treatment method)
	☐ Personal First Aid Kit Including blister treatment, personal medications, pain relief, and any expedition-specific medical requirements. More info on exactly what this should include below.
	☐ Insect Repellent Strongly recommended for protection against mosquitoes and other

	biting insects, particularly in lower-altitude and coastal areas. A high-strength insect repellent is strongly recommended. Repellents containing DEET or Picaridin are generally the most effective. ☐ Sunscreen (SPF 30+) The Malagasy sun can be intense, especially during long days on foot and on the river.
<u>Health & Hygiene</u>	
Personal First Aid Kit	Each participant should carry a small personal first aid kit containing any prescribed medication and basic items for self-management of minor issues. Recommended contents include:
	☐ Personal medications ☐ Pain relief (e.g. paracetamol or ibuprofen) ☐ Antihistamines ☐ Antiseptic wipes ☐ Rehydration salts ☐ Plasters and dressings ☐ Anti-diarrhoeal medication Please note that the expedition will be supported by a doctor and two Wilderness First Responders (WFRs), who will carry comprehensive medical equipment. Your personal kit is intended for minor day-to-day needs. BUY MEDICAL SUPPLIES HERE
Blister Kit	Foot care is critical on a fastpacking expedition. Participants should carry a small blister kit including:
	☐ Compeed or blister plasters ☐ Zinc oxide or sports tape ☐ K-Tape. BUY HERE. ☐ Small scissors ☐ Antiseptic wipes Treating hotspots early can prevent more significant problems later in the expedition. BUY BLISTER TREATMENT KIT
Personal Toiletries	Keep toiletries lightweight and pack only what you need. Consider including:
	☐ Toothbrush and toothpaste ☐ Biodegradable soap

	☐ Hand sanitiser ☐ Wet wipes ☐ Lip balm ☐ Small Travel towel. BUY HERE. ☐ Insect repellent
<u>Personal Items</u>	There will be opportunities to relax in camp during the evenings. Consider bringing small, lightweight items such as:
	☐ A book or e-reader ☐ Journal and pen ☐ Playing cards ☐ Music or podcasts downloaded to your phone ☐ Power Bank - A lightweight power bank is required for charging phones, watches, cameras, GPS devices, and headtorches during the expedition.
<u>Food</u>	
	☐ 7 x Expedition Breakfast ☐ 7 lunches ☐ Daily snacks Packs ☐ Personal sports nutrition. BUY HERE. ☐ Electrolytes and/or salt tablets. BUY HERE ☐ Hot drinks (if desired) ☐ Any specialist dietary items not covered by the expedition catering

Packing Reminder

Every item should earn its place in your pack. Prioritise lightweight, versatile, and quick-drying equipment and remember that any item that must remain dry should be packed in an individual dry bag, especially during the rafting phase.