

GEAR UP

Adventure, Rescue and Safety Solutions

CLOTHING, FOOTWEAR, EQUIPMENT & DAILY USE ITEMS

GENERAL

Bringing the proper clothing on *Gear Up* ventures is crucial. Our outdoor environments are unpredictable. It can get cold any time of the year. Bring everything on the list, do not bring extras. During outdoor ventures you will need room in your pack for camping gear, climbing equipment and food. Remember that there are no stores in the wilderness where you can purchase forgotten items. Our clothing list reflects the importance of the "layering" principle. Dressing in several light layers rather than one heavy layer allows you flexibility for the weather and workloads change. Wool has been the long-time favorite of outdoor people, as it retains much of the insulating quality when wet. Even better are many of the new synthetics, pile, bunting, polar fleece and polypropylene. These synthetic, like wool, insulate when wet, but weigh less and dry more quickly. They are also more comfortable next to the skin.

CLOTHING

1-Hand towel.
1-Underwears/Bras/Panties.
1-T Shirt (Loose cotton mix).
2-Liner Socks (Silk/Polypropylene, etc).
1-Broad-rimmed Sun Hat/Baseball Cap/Visor.
1-Sweater (Poloneck, Light weight Wool mix).
1-Light weight Rain Suit ('Gore-Tex' is preferable).
1-Outer Socks (Heavy Wool/Polypropylene, etc).
1-Long sleeve Polypropylene/Wash- n- Wear Shirt.
1-Trouser Medium weight (For wear during travel/off the track).
1-Loose fitting trousers (cotton-polyester Supplex) **OR** Trekking Trousers. Absolutely **NO** Jeans.
1-Long Sleeve Safari Shirt **OR** Shirt Medium weight (Wool/Polypropylene/Capilene/Microfleece).
1-Jacket 250 weight Pile/Polarfleece/Wool/Down **OR** Flying Jacket. Absolutely **NO** Leather/Jean jackets.

FOOTWEAR

Camp Shoes (Sneakers/Running Shoes) **OR** Light Walk Sandals.
Walking/Trekking Boots (High with sturdy ankle support).

EQUIPMENT

Cotton sleeping bag liner.
Telescopic Walking stick.
Water Bottle-2 Litre, preferably NALGENE material.
Rucksack (Capacity-5000 cubic inches/20 Kg) **OR** Duffel Bag.
Daypack / Fanny pack / Hunting vest (Capacity-1500cubic inches).
Sleeping Bag, 4 Seasons, rated to (-10 Degrees Centigrade).

DAILY USE ITEMS

MUST CARRY

Plastic Stuff Bags.
Guide Books, Maps, Notebook, Ball pens.
Identity Tag for gear & personal wear.
Pocket Knife with Can Opener/Swiss Army Knife.
Small flashlight or Headlamp (spare bulbs & batteries).

TOILET KIT: Toothbrush, Toothpaste, Soap, Shampoo, Comb or Brush, Shaving kit, Toilet Roll, Towel.

FIRST AID KIT: Anti-allergy, Aspirin, Diamox 250mg (altitude sickness), Mosquito repellent, Lotion for dry feet & hands- (Neutrogena, etc), Lip Salve (SPF 15), Sunblock (SPF 15), Elastoplast, Scissors, Puratabs, 20- Moleskin Strips, Crepe Bandage, TWEEZERS & a whistle.

OPTIONAL CARRY

Binoculars & Compass.
Money pouch.
Umbrella small.
Walkman & Batteries.
Tampons (Ladies only).
Fishing Rod & Accessories.
Camera + Films + Water proof cover.
Sunglasses & Prescription glasses with a keeper band are recommended instead of contact lenses.