



Turaco Trail Kit List



This list is an illustration of the type of items you may need when undertaking the Turaco Trail. This list is to be used as a GUIDE only.

Clothing

Got it	Packed it	Item needed
		1 pair walking boots (broken in)
		2 pairs walking socks
		2 pairs sock liners (optional)
		2-3 t-shirts
		Thermal t-shirt
		2 fleece tops or similar
		1 walking trousers (if appropriate, NOT jeans)
		Underwear
		Nightwear
		Flipflops/trainers etc (optional for evenings)
		Warm hat and/or sun hat (as appropriate)
		1 pair gloves (if appropriate)
		2 pair shorts (if appropriate)
		Sunblock
		1 pair gaiters (optional)
		Waterproof over-trousers
		Jacket/raincoat (waterproof and windproof)

It is also important your GROUP carries one or two fully charged mobile device such as a smart phone or iPad with the Avenza pdf map app. installed along with the FAR and WIDE Turaco Trail Map uploaded. Take some time to familiarize yourself with the workings of the app. and the map. Make sure you carry spare battery charges for your mobile device.

FAR and WIDE mobile numbers are: Bernie 0772 469 229 Chris 0783 883 150

Personal Kit

Got it	Packed it	Item needed
		Rucksack (available from F&W)
		Rucksack liner (or 2 strong plastic bags)
		Sleeping mat
		Sleeping bag (3/4 season)

Waterproof bag (e.g. for storing sleeping bag)
Sleeping bag liner (optional)
Survival bag/plastic bags for rubbish
Small quantity of money (optional)
Note book and pen/pencil
Watch
Whistle
Torch (hand held or head torch)
Spare batteries and bulb for torch
Personal first aid kit (see below)
Emergency food rations
Water bottle (1-2 Litres)
Knife, fork, spoon
Small pocket knife/pocket tool
Plate/bowl
Mug
Box of matches (in waterproof container)
Wash kit/personal hygiene items
Towel

Personal First Aid Kit

Got it	Packed it	Item needed
		At least 2 pairs of disposable vinyl (latex free) disposable gloves
		A large individually wrapped sterile unmedicated wound dressing
		An individually wrapped sterile unmedicated wound dressing
		An assortment of individually wrapped sterile unmedicated adhesive dressings
		An individually wrapped triangular bandage
		2-3 individually wrapped antiseptic wipes
		Crêpe bandage
		Large safety pins
		Small pair of safety/medical scissors
		A pair of tweezers
		Assorted adhesive plasters (e.g. zinc oxide, fabric strip, waterproof)
		Microporous (medical) adhesive tape (or fabric adhesive tape)
		Blister plasters/blister kit
		Chiropody felt
		Burns wound dressing
		Eye wash (can also act as a wound wash)

Participants should make members of your group aware of any relevant medical condition that may impact on their (or others') safety. Participants should also make people aware if they are allergic to anything including antibiotics or any other medicine or drug. Participants might also include in their personal first aid kit appropriate personal medication, painkillers, antiseptic cream, antihistamine/bite cream and rehydration tablets/sachets.