

Jungle Expedition Kit List

One of the most frequent comments people make after their first expedition into the jungle is "Next time I'm going into the Jungle I'll seriously reduce my pack weight", you will begin to loath every superfluous gram negotiating jungle terrain, this Kit List has been assembled with more than a decade of jungle expedition experience, **if it's not on the list, you don't need it!**

The items to concentrate your funds on are your Hammock/Tarp, your Boots and your Rucksack, the quality of these items will have the greatest impact on your comfort and wellbeing

We advise that you treat your day clothing and hammock with a fit for purpose Permethrin or Cypermethrin spray, it will reduce insect landings by 45% and bites by over 90%. If using for skin contact ensure Permethrin it is diluted to no more than 0.5%. We try to avoid DEET based sprays as they can have a detrimental effect on your clothing and equipment, we currently use this only on exposed areas of skin.

All products mentioned are suggestions not compulsory and no commission is made from any sales.

DAY TIME CLOTHING	
One pair of walking trousers (no zip off legs)	'Helikon-Tex OUTDOOR TACTICAL PANTS VERSASTRETCH LITE' are truly excellent for the jungle Treat with Permethrin
Long sleeve shirt (loose fitting, long enough to tuck into trousers)	Most poly/cotton adventure shirts will suffice, a light but dense weave helps keep mosquitos from biting through. 'Craghoppers Kiwi long-sleeved shirt' is proven and good value for money Treat with Permethrin
Two pairs of summer weight walking socks	Bridgedale 'CoolFusion Trailblaze' and 'Woolfusion Ultra Lightweight' are very popular, choice between the two depends on which fits in your boots better, the former is thicker than the latter

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<p>Lycra running/cycling shorts (Plain without reinforced gusset) Or Ultralight running shorts</p>	<p>'Under Armour heat gear compression shorts' are very popular or the 'Newblance Go 2 Short' with the internal brief cut out</p>
<p>Lycra Sports Bra (no metal underwire)</p>	<p>'Shock Absorbers' brand are popular</p>
<p>Boonie hat</p>	<p>Lots of available choices but all much the same, the fashion is for a short stubby brim but we recommend a full brim to protect from sunburn when on boats.</p>
<p>Nylon belt</p>	<p>Any type so long as it's comfortable under your pack waist strap and doesn't rub anywhere</p>
<p>Boots (Get purpose designed jungle boots, they need to drain water quickly, waterproof boots will ruin your feet)</p>	<p>It's extremely important that you have proper jungle boots that fit well and are broken in before departure. The Altberg Panama Jungle Classic is a superb boot manufactured in the UK and our recommendation. The Lowa Elite Jungle Boot is also a very good option. Both Altama and Wellco in the US also make a good jungle boot but the regular fit is long and narrow, available in wide and extra wide, be sure to try these on as it can take a few pairs to figure out what size you take (also note these are sized on the American system)</p>
<p>Hydrophobic insoles</p>	<p>Replace the innersoles that came with your boots with ones that wont absorb water, it really helps keep your feet from rotting, Superfeet are good, but avoid Sorbothane. The 'LOWA Summer Footbed' is a very good option</p>
<p>NIGHT TIME CLOTHING:</p>	
<p>One pair light weight cotton trousers</p>	<p>Any lightweight small pack size cotton trousers will suffice, something comfortable with a drawstring waist, cotton pyjamas are perfect, but try to pick a style that you will be happy wearing as day clothes for relaxing in</p>
<p>One light weight cotton shirt</p>	<p>Any lightweight small pack size cotton shirt will suffice, something comfortable with chest pockets for your earplugs etc, cotton pyjamas are perfect, but try to pick a style that you will be happy wearing as day clothes for relaxing in</p>

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Comfortable socks	We like to carry the same type as our walking socks for no other reason than it means we can use them as walking socks if we have to, these night socks are filled with antifungal powder for sleeping in
Light weight non-water absorbing camp shoes	The Vivo 'Trail Freak' or 'Ultra' are perfect, but very expensive. Any Croc type water shoe will do

Equipment you need to bring:

Rucksack 50-70ltr	<p>A comfortable and robust pack that will comfortably carry in excess of 15kgs, it must have room to accommodate not only your personal equipment but also 4-5 days of rations plus your water.</p> <p>Avoid excessive padding which holds water.</p> <p>The 'Berghaus Centurio 45' or 'Karrimor Sabre 45' in combination with two 10lt removable PLCE side pouches are popular choices.</p>
Large waterproof dry bag,	A single dry bag that is moderately light weight and a little larger (especially in width) than the inside of your pack. You do not want a heavyweight canoe sack but also consider avoiding some ultralight drybags that are prone to being punctured easily. A valve or other method of removing excess air from inside is often convenient provided it is not prone to failure. 'Bergans Dry bag compression 50lt' is my favourite
Sleeping bag	A lightweight warm weather, synthetic fill, rectangular cut sleeping bag or over quilt with foot pocket. A snugpak jungle bag works well

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<p>Hammock</p>	<p>Please give a lot of consideration to your choice hammock, it will become the sanctuary of your sanity. This is not the place to skimp and we assure you that you'll appreciate the comfortable, dry night of rest safe from incessant insects long after you've forgotten the initial price.</p> <p>Anything from Hennessy Hammocks and warbonnet outdoors or UKHammocks.co.uk will be perfect.</p> <ul style="list-style-type: none"> • Basic hammock and tarp may be supplied for some expeditions
<p>Tarp</p>	<p>A large silnylon tarp is recommended, you'll need space to both hang your hammock and conduct your personal admin beneath it during torrential downpours. Make sure your hammock fits with ample space beneath the tarp before you leave.</p>
<p>Water containers</p>	<p>Aim to carry 3lt minimum, split over two containers or more. For hydration bladders I highly recommend the following arrangement: 'Source Hydration WLPS 3L' in combination with a separate 'Source Hydration Liquitainer 2lt' and 'Source Universal Tube Adapter'. This will allow you to collect and treat your water in a separate 2lt bag and transfer it to the bladder in your pack without having to open the pack and remove it, very convenient and bombproof.</p>
<p>Water purification (Essential that you get this right)</p>	<p>Purchase a box of OASIS Water Purification Tablets (50)</p> <p>You may also bring alternative water purification methods if you like but be aware that filters are prone to clogging, if you use one be sure it is capable of removing viruses, not just bacteria and protozoa. Don't bring a UV treatment system, they are not reliable in the jungle. I personally like to kill everything with iodine, but unfortunately our favourite system 'Polar Pure' is no longer available in the UK (though you can have it shipped to a US address and then forwarded to the UK)</p>
<p>Camping Stove</p>	<p>Even on catered expeditions you are likely to have to boil your own water. Hence bringing a small gas fueled camping stove is certainly much quicker than cooking over hexamine or open fires. But be aware, threaded camping gas cylinders aren't available in certain parts of the world. So you will need to purchase a 'picnic burner cartridge converter' to allow you to use the local bayonet type cylinders, they are usually only a few pounds on eBay. Obviously we will give opportunity to pick up the gas in-country as it cannot be taken on a plane.</p>

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Metal Spoon and mug	I'm sure you have a favorite
Billy can or mess tin	1 lt capacity or more, to cook for one person
Pocket knife or multitool	A stainless steel folding knife, with a reliable locking mechanism, avoid wooden handles they will swell and warp. A 'Leatherman wave' is ideal
Parang (Machete or similar)	We tend to acquire these in country as each environment lends itself to a specific design and the local made parangs are usually superior (and cheaper) to ones bought online
Sharpening stone	Small sharpening stone, the 'Fällkniven DC4' is ideal.
Whistle	To hang around your neck, the 'Acme Tornado 636 Whistle' is a long standing favourite.
X3 Lighters	At least three TORJET or bic lighters, the only lighters we have found to work reliably in the jungle, cheap too
Waterproof note book and pencil	Anything by 'Rite in the Rain' is ideal
10 meters of paracord	550 paracord comes in many colours
LED Head torch	Petzl tikka or Zipka are perfect, make sure you have a set of spare batteries
Admin bag	A small bum bag or similar to organise your small items and keep essentials such as medical kit, head torch to hand when in your hammock or away from your rucksack. The Maxpedition proteus is popular, I like the 'Hill People Gear kit bag' or the 'Kifaru admin pouch' but they are pricey.
Quick drying towel	'PVA shammy' sold for cleaning cars, get the largest size you can find. Ultralight and the only towel which doesn't smell like something died in it after a week in the jungle.
Camera	Bring something totally waterproof or bring a Pelicase to keep it in and plenty of silica desiccants to keep it from fogging up; even then it may still die, the jungle spirits hate cameras. Bring plenty of spare batteries and a spare memory card.
Phone	The nights are long, bring music and consider a couple of audio books. Ensure it is in a waterproof case.
Work gloves	Light synthetic work gloves, something like the 'Contour Avenger work glove' is perfect

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Small dry bag half filled with antifungal powder	A small roll top dry bag large enough to insert your foot into massage with the powder contained therein. Fill with an antifungal powder like mycil
Soap	Cut down to fit in a film container or a concentrated liquid soap (Dr Bronners is good)
Exfoliating glove	Great for washing in rivers and ensuring you don't lose your soap, available in boots and most supermarkets
Toothbrush/toothpaste	
Alcohol gel	Alcohol hand sanitising gel, get one with a cap that won't leak
Earplugs	The industrial type attached by a cord
Needle and thread	For repairing torn clothing
Duct tape	Wrap duct tape around your water bottle or some other item so it's available when you need it.
Silva Sighting compass	A compact sighting compass, 'Silva Ranger SL Compass' will do just fine for this exped or a Silva 54 if you must have the best
Fire lighters	Strips of rubber inner tube, go to your local bike shop and ask for all his scraps! Hexamine fire lighters work also.
Admin mat	Thin foam sit mat or cut down camp mat to stand on outside your hammock to avoid muddy feet whilst changing. Some packs have a removable foam pad inside that can be used for this purpose.

Personal Medical Kit - important, you will need all these items:

Antihistamines	We like diphenhydramine (Benadryl) as it also makes you sleepy, convenient since your usually taking it because your mosquito bites are keeping you awake
Antifungal cream	Lamasil cream is by far the best
Hydrocortisone cream	
Antibiotic powder	Prescription only, but Pretty much essential. Bizarrely its frequently available on amazon
Melonin Non-adherent dressings	5cm ² and 10cm ²

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Paracetamol	500mg tablets
Ibuprofen	200mg tablets
Compeed	Blister pads
Dioralyte sachets	Oral rehydration solution
Emergency Care Battle Field Dressing– Must have on you at all times	To tape to your parang sheath
C.A.T. Tourniquet – Must have on you at all times	To tape to your parang sheath
Large Cohesive Bandage (aka Vet Wrap) - Must have on you at all times	Equine vet wrap
Tweezers	‘Uncle Bills Sliver grippers’ are good
Tegaderm film	Waterproof dressings, a few sizes
Steri-strips	6mm Two packets
Betadine Povidone Iodine liquid Solution	Small bottle
Tincture of Benzoin	also known as Friars Balsam
Aloe-vera gel sachets	for burns
Leukosilk Fabric Tape	For taping down dressings
Personal medication	

Documentation in a waterproof bag:

- Passport
- Proof of Travel insurance
- Proof of Evacuation Cover (we recommend Battleface Insurance, see link on the footer of our website)

Additional Kit:

- A Hammock chair / EDC hammock is a welcome addition to enable you to relax around camp and on the trail without getting your sleeping hammock wet/dirty
- Netted Clothes bag for drying/storing your day’s clothes overnight
- Jungle Chair for an A frame seat in base camp locations
- Binokulars if desired
- Mosquito net – if sleeping in research huts or hostels

Extra non expedition items:

We fully understand that you are traveling a long way and you may wish to bring spare clothing and Laptops etc. we do have a small amount of space in our private residence for

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the storage these items, it is secure however we cannot take any responsibility for items left there. A rucksack travel bag or cover can help prevent your rucksack from being damaged in transit and provides a bag to store items not being taken into the jungle.

We have been operating in this environment for over a decade, if it's not on this list you really don't need it!!!

Acclimatisation Information

The following information is set out to give you some handy tips regarding preparing your body for an expedition into the jungle. "But do you need to acclimatise before a jungle expedition?" we hear you ask. Yes, acclimatising to tropical weather can be as important and beneficial as acclimatising to the cold or altitude.

Your body has a lot to deal with upon arrival; there's the 18hr flight, the time difference and then the heat & humidity. Giving your body time to acclimatise will greatly improve your experience on expedition as those first few days will be a shock to the system. After 1-2 days in the heat you'll notice you feel the effects less, you're able to move and exercise more outside without tiring and the salinity of your sweat will reduce, making your body a more efficient cooling system.

Some top tips:

1

Firstly, and most obviously, the more time you give yourself in a select climate before you head out on expedition the better. To that end we fully recommend you arrive as early as possible into the tropical climate prior to the expedition meeting time; even 24hrs acclimatisation will benefit you.

2

Upon arrival we advise you to dress as you will in the jungle; shirts, trousers, hat etc. This will protect you from the sun and also increase the speed at which your body becomes accustomed to its new surroundings.

3

In your hotel room avoid turning the air-conditioning to max. The first night will be a sweaty one but you'll likely be exhausted and you will sleep. If you spend half your day with it set to 18 you're not going to acclimatise at all, in fact you will just feel worse every time you head out the hotel and find yourself hopping from air-conditioned shop to air-conditioned

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café. Remember the jungle has no air-conditioning! You will need to adapt to sleeping in a hot climate so the quicker you get used to it the better.

4

Avoid Alcohol until after the jungle phase. It's banned in many of the countries we visit (e.g. Brunei) for locals anyway, so it's unlikely you will find many places selling it. Whilst in the jungle alcohol is strictly banned unless specifically instructed otherwise. That's partly because it's detrimental to your bodies acclimatisation and partly because swinging sharp parangs + a few pints are a very bad combination. There will be plenty of opportunity to indulge responsibly afterwards.

5

Get up early, I know the first morning will be hard but it's a sure fire way to kick your body into line by forcing it into its new time zone. Nights in the jungle will be long, usually heading to your hammock just after dark around 6/7pm and not getting up until 7/8am so lack of sleep is not going to be a problem!

6

Go for a walk, if you heed the above advice and arrive in country a few days prior to our meet day why not explore the wonders of the country? Everywhere we visit is beautiful with friendly and hospitable people. Taking a walk from your hotel will give you chance to take in the sites but also help with acclimatisation, increasing your heart rate gently and making your body work in the heat is all a good thing. Now we're not saying pop your trainers on and go for a jog on day 1. That may not end well. But a few brisk walks whilst calling into shops and other local attractions is a very good way to acclimatise. Also taking a swim in the hotels pool it's another great way to gently raise your cardiovascular rate.

7

Your gut... it's a funny old thing. Changes in water / food / time differences can all make you a bit grumbly. So sample the local cuisine sensibly and drink lots of bottled water. The food in Asia is wonderful and we definitely don't want to discourage you from giving it a go. But remember local food is often quite spicy e.g. Bruneian 'mild' is absolutely fierce and has us gasping for milk and yogurt! Though this may cause great amusement, when it's all you've brought as your only meal in the jungle you will regret it (yes we're speaking from experience... it was not our finest hour)!

8

Finally, a good level of fitness is a great help. The better your cardiovascular system the quicker your body will adjust. So make use of the time by breaking in your new boots and preparing for the trip ahead.

We hope you're looking forward to it!

See you soon,
Josh + Mat