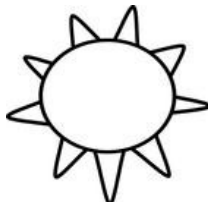



Trek to the Lost City Kit List

This kit list has been carefully designed for you taking into account the needs of this challenge. We have split out the kitlist into sections for day-sack (when trekking to the Lost City) and for the rest of your trip, for ease of packing. Taking the right equipment for your challenge is very important so just get in touch with any questions – we'll be happy to talk you through it. The following recommendations include clothing for all weathers you may encounter; you may not end up needing all of it, but **being prepared is vital**. We work on a 'set to wear and a set as spare' guideline, so you should easily avoid over-packing.

<p>Weather Conditions</p> <p>Weather is unpredictable, especially in the more mountainous terrain and you should be prepared for any sudden changes. You need good quality kit to keep you cool and dry.</p> <p>On the whole, days are warm and humid. Temperatures cool at night, so be prepared with a warmer layer. It rains in rainforests so expect to get wet! There is usually a hard rain shower once a day – it can sometimes rain for more prolonged periods though we avoid travel in the real wet season. Other regions will have some rain as well.</p>	 <p>Average min/max Temp 25 – 35°C</p>	 <p>Average Rainfall 22 – 124mm</p>
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In Your Day-Sack / *to Wear

✓	<p>Essential Unless otherwise noted</p>	<p>We recommend your day-sack and contents should weigh no more than 6kg, including 2L of water when trekking. Remember the more non-essential 'stuff' you carry, the more effort it takes and the more energy you will waste - be kind to yourself! This list looks extensive, but the kit included is essential and you will be wearing most of it at various times. Remember that you will be trekking for full days, whatever the weather. Test your kit out in all weather conditions during training, so you have full confidence in it.</p>
	*30-35 litre day-sack	Adjustable shoulder-straps and a comfortable waist belt are essential. You will be carrying about 5-6kg of kit including 2L of water, so do make sure you bear this in mind when training – but do work up to it if you have not worn a pack before
	*Waterproof rucksack cover	Keeps your day-sack and its contents dry; line with plastic or dry-bags too. Some people prefer large waterproof ponchos which cover you and your day-sack
	*Walking boots	Lightweight boots with firm ankle support for uneven ground. Must be well worn in so they are comfortable; ensure the sole pattern provides plenty of grip on muddy ground and is not too worn. Ensure they are waterproofed. Well worn-in boots are irreplaceable so wear on flight in the (rare) case your luggage is delayed. Taking your insoles out of your boots overnight can help air and dry them faster.
	*Wide-brimmed hat / cap	Parts of the trail are exposed to the strong sun, and protection is vitally important
	*Sunglasses	Wraparound style sunglasses are the best as you need to protect your eyes from the UV rays, even when it is cloudy
	Walking socks	Enough for dry socks each morning; damp socks can cause blisters. Ensure they wick well, and are the right fit for your boots. Liner socks can make a difference – ensure you have tried out different combinations of socks while training, so you have the perfect fit in time
	Wicking base layer x 2	Tops made from good quality wicking material essential in regulating your body temperature; avoid cotton as it absorbs sweat and will make you cold
	Trek trousers / shorts x 2	Bring two pairs; zip-off trekking trousers add versatility. Shorts are suitable for trails as vegetation is not so dense that you need to protect your legs
	Waterproof poncho/jacket	Good quality poncho or jacket is essential; material should be lightweight, breathable and seam-sealed. It must keep you dry in heavy rain, not just showers
	Long-sleeved jungle shirt & long trousers	Biting insects love wrists and ankles; essential in camp, especially early mornings and late afternoon / evenings when they are most active. Lightweight, loose wicking material ideal for humid jungle conditions. Keep for evening use only so stay clean through trek
	Fleece / mid-layer	Thin fleece for cooler temperatures

	Bandana / light scarf	Useful as head-band or protecting neck from sun, and for wiping sweat from face
	Underwear	Comfy big pants for trekking are advisable to avoid chafing; lightweight and non-cotton material even better. Ladies, try to avoid underwire bras as these can rub on long sweaty days. Sports bras are a great option. The number of each is up to you, depending on weight but wearing the same pair of pants 2 days in a row is normal on expedition!
	Swimming costume	Plenty of rivers and pools to cool off on trek (also needed in Tayrona National Park)
	Light trainers / sandals	For evenings in camp. Trekking sandals (eg Tevas) or crocs with rear strap recommended as also useful for river crossings (flip-flops are not). Not suitable for general trekking
	Sun cream – SPF30 SPF lip balm	Minimum SPF30 plus high factor lip salve. UV rays are strong even in cloud cover, so a combination of sun cream and covering up is essential to avoid sunburn
	Water bottle(s) / hydration bladder	Should be able to carry min 2 litres. A bladder (eg platypus) allows you to drink easily and regularly without stopping and is highly recommended – ensure a compatible fit with your day-pack
	Trekking poles	Useful on steep and uneven ground especially if you are tired or unsteady, and invaluable on steep, muddy, slippery ground. Reduces the impact on your knees considerably. Use them when training to get used to them
	Liquid handwash (waterless)	Small bottle for easy hygienic hand-washing before lunch / snacks – this prevents any bugs spreading around the group
	Toilet paper + plastic bags	There won't always be toilets where you need them! Bags for disposal en-route; fragranced nappy bags are best. Toilet roll also needed for toilets in camp
	Sun block / sun cream Lip salve	Minimum SPF 30
	Whistle	For safety reasons if you become separated
	Head torch with spare battery	Essential in camp, may be required on longer trekking days
	Wash kit (eg toothbrush, etc)	Keep it simple. A zip-lock bag with ¼ packet of wet wipes, bio-degradable soap, small tube of toothpaste, toothbrush, deodorant and moisturiser are essentials. Everything else is a luxury although earplugs if you are a light sleeper
	Small travel towel /sarong	Lightweight to minimise space; large sarong good substitute
	Sleeping bag liner	Blankets are provided, so this is all you need. Silk liners highly recommended: light, pack down small, best for warm & cool conditions
	Snacks (e.g. energy bars / dextrose tablets / dried fruit packs / jelly babies)	Extra sources of energy are highly recommended if you are having a tough day, or have special dietary requirements and need a source of extra energy, or if you just need your personal favourites to motivate you! Don't weigh your bag down too much though. Snacks can be bought locally too
	Personal med kit	Painkillers – hydration all-important to stave off headaches Diarrhoea tablets – consult your DA crew before using Rehydration sachets – recommended to combat dehydration Malaria tablets - contact your GP/Travel Nurse for advice Anti-histamines – for insect bites/allergies Any personal medication
	Blister plasters	Zinc oxide tape and dressings recommended for covering hot spots and blisters (as soon as you feel them). Compeed works well at end of trip, but not recommended when days of trekking still remain
	Insect repellent	e.g. Mosi-guard, Ultrathon, Repel
	Water purification tablets	A minimum of 16 tablets as a back-up in case there is an issue with the water supply and for topping up water supply from streams. You may also want to bring a filtering water bottle such as Water-to-go or Lifestraw
	Talcum powder / vaseline	Optional; can help with blister prevention – experiment at home while training
	Camera / phone	There are plenty of photo opportunities, too many! Use your phone on airplane mode to save the battery as you will not be able to recharge your phone on the trail
	Spare batteries	For phone, camera, head torch. Solar chargers cannot be relied on if it is cloudy. Or bring a small power bank as a back-up
	Travel games / cards	Useful for evenings
	Money	For snacks/drinks and local crew tips (see FAQs) Keep in a plastic/waterproof bag

For Rest of Trip – can be left in hotel

✓	General Clothing & Equipment	This kit can be left in the hotel in Santa Marta while you are on the Lost City Trek
	Spare pair shorts Spare top Lightweight long trousers Lightweight long-sleeved shirt Underwear & socks	General clothing for final day's trek in Tayrona National Park, travelling, sight-seeing, etc. You'll be pleased to have clean clothes on your return from the trail, but don't over-pack! There are biting insects in cities too' ensure you have light, loose clothing to cover up in mornings/evenings
	Remainder of Wash kit	Any non-essential items you do not need on the trail
	Nightwear	For hotels
	Rucksack / Expedition Kitbag for main luggage and padlock	Carried by support vehicles and horses; you will not be able to access it during the day. Soft-sided luggage is essential due to space available – no hard-sided cases please

✓	Important Documents & Money	<i>We recommend you have digital copies stored in a safe place you can access if required</i>
	Passport + photocopy	10-year essential (for adults); valid for at least six months after entry
	Money	See Factsheet for more detail
	Flight Tickets	To be collected from your tour leader / DA representative at the airport
	Credit Card	Always carry a credit card in case of emergencies
	Travel Insurance Documentation	Advisable to leave a copy with your next of kin too
	Immunisations Record	Useful if you need a record/proof of your vaccinations (see Factsheet)
	Money belt	Safest way to carry cash and valuables

Note on Luggage:

- Our support vehicles do not have unlimited space for your luggage, so please ensure it all fits in one soft-sided bag (NOT a hard-sided suitcase or rucksack with external frames), with an additional day-sack for the flight / when trekking
- Ensure your day-sack is large enough to carry everything you need on the Lost City part of the trip
- If you do not have a suitable soft-sided bag for your main luggage, see the [Discover Adventure kitbag](#) which is designed for this kind of trip (UK postage only)
- Your luggage allowance on the plane is 20kg (44lbs). You should not need this much, but you are responsible for any excess baggage costs charged by the airline – most are quite strict. Remember to leave some room for souvenirs!
- Remember not to pack any penknives, scissors, tweezers etc in your hand luggage. Liquids can be carried subject to current restrictions – see <https://www.gov.uk/hand-luggage-restrictions> (UK only)
- Trekking poles should not be carried on as hand-luggage. They should be packed into your main bag – dismantling them will make them smaller, but if they don't fit, the best option is to secure them well and label them separately in case they become detached
- Be aware that hand-luggage restrictions may sometimes change due to airport security measures
- As a general rule, avoid travelling with anything valuable or irreplaceable
- Please refer to our FAQs for details of store and manufacturer discounts which will ease your pocket when purchasing your kit