

## 13. Equipment and clothing

Many travel books, gap year websites and gap providers have suggested kit lists for travel. You will need clothing suitable for the culture, climate and type of activities you plan to undertake. In hot countries, you will want to wear light coloured, loose clothing to try and keep cool. If you are undertaking wildlife-related volunteering in a hot country, however, it may be more suitable to take clothing that will help you blend into your surroundings better so you don't startle the wildlife.

Below are suggestions for some essential items to take on your trip:

- Security: Money belt, padlock, watch, rape alarm.
- Sleeping: Alarm clock, mosquito net, pillow, sleeping bag/liner and torch/headtorch.
- Eating and drinking: Cup and spoon, water bottle and water purification tablets/system.
- Medication: any medication you usually take (plus spares), contraceptives.
- Toiletries: Hand sanitiser gel, sanitary products, toilet paper, towel, washing line, soap, wet wipes and no-water washes, earplugs and sunscreen.
- Travel planning/recording: Address book, travel journal and pens, camera, guidebooks, maps and phrasebooks
- Ancillaries: Batteries, phone/camera/solar charger, calculator, compass.
- Miscellaneous, useful items: First aid kit, travel medical handbook, lighter/matches, gaffer tape, glue, sewing kit, penknife, book to read, games and small gifts.
- Communications/entertainment: Mobile phone (and local SIM card) – check it works when you arrive in-country, ipod/MP3 player.

It is important to take a well-stocked medical kit with you on your travels. Check with your GP and gap provider if applicable and see if they advise you to take particular medical treatments or equipment for the country or environment you will be travelling in. If travelling in less developed areas it is a good idea to carry sterilised needles that hospital staff can use if you need an injection whilst abroad. Rehydration salts are also advisable for travel.

Specialist equipment for trekking, snorkelling, skiing, and other activities can be very expensive. Websites such as [www.ebay.co.uk](http://www.ebay.co.uk) and [www.gumtree.com](http://www.gumtree.com) have a huge collection of second hand and discount equipment. This is often much better than buying new equipment as it makes you less of a target for theft and can save you a lot of money.

With limited space in backpacks and luggage, choosing the right footwear to take with you is important. A good pair of walking shoes, whether for forest/mountain environments or for walking in cities, is essential to making your trip enjoyable and pain free.

### Exploratory questions to ask yourself:

- Do I need any specialist clothing or equipment for the activities I plan to undertake and the countries/environments/cultures in which I plan to travel?
- Do I need to get all the equipment for the activities I plan to undertake myself or is some provided for me?
- Does this fit in with my budget?
- Where could I get this clothing/equipment from? Do I need to get specialist advice before buying?
- Do I have access to a suggested kit list for the activities I plan to do?
- Does the culture of the country in which I am travelling require particular clothing? E.g. Long-sleeved tops or trousers.