

## **GUATEMALA S2S 2024 KIT LIST**

\*\* the highlighted items are mandatory

### General:

Pen knife  
Gaffa tape  
Sewing kit  
Ear plugs  
Book  
Notebook and pen  
Watch

### **Snacks/treats**

Additional Calories – dehydrated meals, dry noodle pots, oat pots

### **Electrolytes/salt tablets**

### **Sunglasses**

Power pack  
Trekking poles

### Water:

### **Water bottle 1lt x 2**

Or Water bladder

### Carrying

**Day Sack 40L** – needs to fit all of your personal camping gear in  
Waterproof liner  
Dry bags for electrical items and to keep kit organised

### Sleeping

### **Sleeping Bag (good to -5)**

### **Sleeping bag liner**

### **Sleeping mat/thermarest**

Packable pillow

### Health

### **Insect repellent**

Personal First aid kit (**Further details** below)

Vitamins

### **Sun cream**

### **Lip Balm with SPF**

### Hygiene

Toothbrush  
Toothpaste  
Travel towel  
Shower gel

Alcohol gel x2  
Wet wipes  
Talcum powder  
Nail brush

#### Clothing

Shirt long sleeved x 2 T-shirt x 3  
Fleece  
**Down or synthetic Jacket**  
Beanie  
Thin gloves  
Thick gloves  
Thermal top and leggings  
**Waterproof Jacket**  
**Waterproof Trousers**  
Walking Trousers  
Shorts  
Underwear  
Socks  
**Hiking shoes/boots**  
**Sunhat**  
Clothes for chilling in the evenings  
Outfit for a meal out/celebration  
Swimwear

#### Light

**Head torch** and spare batteries (if needed)  
Spare torch

#### Cycling Phase

**Bike** (or rental bike). Mountain bike  
Bike box or bag (hard box recommended), if transporting your own bike  
Water bottles: Recommended 2 x 750ml bottles  
**Cycling gloves**  
Padded cycling shorts  
Cycling jersey  
Chamois cream  
Hydration bladder with backpack – recommended if hiring a bike  
Your own peddles (if you wish to use them. You will be issued flats on the hire bikes)  
Your own saddle (if you wish to use your own)  
**Rear and Front bike lights** (enough lumens to be seen, we will not be riding in the dark)

If bringing own bike:

**Helmet**

Our minimum spec for **mandatory spare bike kit** is outlined below. Items with an \* need to be carried whilst riding:

- 2 x inner tubes suitable for the size of your tyre \*
- Tyre levers\*
- 1 x puncture repair kit\*
- If running a tubeless set up, have a repair kit\*
- Bike multitool\*
- Chain link remover\*
- Chain links x 2\*
- Small pump\*
- 1 x gear cable
- 1 x brake cable
- Cable ties\*
- Rear Hanger suitable for your own bike
- Small bottle of oil
- An old rag and toothbrush for bike cleaning

NB everyone hiring a bike will be issued with a basic repair kit. The bike mechanic is available to assist EVERYONE.

Medical: **All Mandatory**

To Carry:

- 1 x crepe roll bandage
- Gauze or similar absorbent dressing
- Small set of scissors
- Pain Killers (paracetamol or/and ibuprofen)
- Steri-Strips
- Antiseptic (spray or cream)
- Assorted plasters
- Rubber gloves
- Prescribed medication
- Zinc oxide tape
- Compeed – various sizes
- Lube stick
- 1 person bivvy (small survival bag)

To Have:

- K-Tape
- Anti- diarrhoea
- Sudacrem
- Travel sickness pills (if you suffer)

- Blister kit containing Zinc Oxide tape, Small pair of scissors, Compeed, Sterile needles, Disinfectant solution and rubbing alcohol (used for drying feet and help prevent fungal infections)