

We provide tents and general camping and cooking equipment. You only need to worry about your personal equipment.

When considering what kit to bring, bear-in-mind the kind of conditions you'll be face when trekking in the Sahara Desert:

During the day, temperatures can reach 35 °C, so you'll need clothing that will keep you cool and protect you from the sun. After dark, the temperature regularly falls to 0 °C, so you'll need a good sleeping bag and clothing that will keep you warm.

Don't forget to pack a rain jacket and wrap all of your equipment in waterproof liners (or bin bags), rain is uncommon...but possible.

If you plan to bring any electrical equipment, remember that dry desert sand gets EVERYWHERE, so make sure you bring protective packaging. Solar chargers are useful.

You'll spend a fair amount of time in camp, so books and an Ipod are a good idea.

Luggage

- Large expedition bag for carrying clothing and equipment by camel and 4 x 4
- Day pack – 25 litres in size for the trek

Feet

- Lightweight trekking boots or approach shoes
- Trekking socks (fresh pair for each day in the field)
- Sandals – for evenings around camp and when travelling by vehicle
- Foot powder
- Blister plasters (Compede is best)

Legs

- Lightweight trousers for trekking

- Shorts
- Underwear (not cotton, a fresh pair for each day in the field)

Body

- Lightweight waterproofs
- Warm jumper / fleece x 2
- T- Shirts (preferably not cotton) x 2
- Long sleeved shirt/s x 2
- Lightweight scarf
- Down Jacket - this is optional. A very warm jacket will make camping in the dunes more comfortable.

Head

- Warm Hat
- Sun hat – wide brimmed to protect back of neck
- Sun glasses

Other

- Sun protection (including for lips)
- Water bottle (2 Litre)
- 2/3 season sleeping bag (good for 0c) and pillow
- Sleeping mat. I've recently started using a Pacific Outdoor Ether Thermo 6 Mat. It's much more comfortable than a basic roll matt and gives a good night's sleep
- Wash-bag and toiletries; antibacterial hand wash (essential), toilet paper, a packet of travel fresh wipes/ baby wipes, soap, toothbrush/ tooth paste, sanitary towels, talcum powder. Don't forget to take ear plugs in case your tent partner snores!
- Trek towel
- Fold-away bowel/ wash- basin (5L). This is really important for maintaining a good standard of personal hygiene. There are no washing facilities on the trail. You will need one of these for your daily wash and ablutions.
- First aid kit; include - Paracetamol, antibiotics (for upset stomach), re-hydration tablets, selection of plasters and bandages etc
- Trekking poles (optional)
- Pee bottle
- Book
- Camera (make sure you take a spare fully charged battery)
- Spare laces
- Copy of your travel insurance document, passport and e-ticket
- Toilet paper

- Trowel/ matches - for burying poop and burning toilet paper.
- Set of casual clothing for 'off the trail'

Food

We provide good quality meals during the climb, but it's always a good idea to bring some food of your own. Some suggestions:

- Breakfast: Muesli Bars. Porridge sachets with powdered milk/ syrup.
- Lunch/ Snacks: Biltong, (John West) Tuna Fillets, nuts, salami, sweets.
- Evening Meal: Wayfarer meals are best (but expensive) because they can be boiled in the bag and make no mess. Anything you can add boiling water to, such as Mug Shots or Pot Noodles, also do the job.