



Caption

PACK 4 THE TURACO TRAIL

NOTE:

THIS IS A GUIDE

This list illustrates potential items for the Turaco Trail and is a **GUIDE ONLY**. Consult the **Turaco Trail Kit Guide** for essential advice.

FAR and WIDE Equipment Hire (see Fees Guide): Tents, stoves, fuel bottles, rucksacks, sleeping bags, chairs, camping mats, trekking poles, GPS units, radios, maps, compasses.

Quantities: Vary based on hike duration (e.g., 3-day Pungwe Gorge vs. 6-day thru-hike).

PACKING LIST

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Clothing:

- 1 pair broken-in walking boots
- 2 pairs walking socks
- 2 pairs sock liners (optional)
- 2-3 t-shirts
- Thermal t-shirt
- 2 fleece tops or similar
- 1 walking trousers (warm, NOT jeans)
- Underwear
- Nightwear
- Flipflops/trainers/sandals (optional evenings)
- Warm/sun hat (as needed)
- 1 pair gloves (if needed)
- 2 pair shorts (if needed)
- Sunblock
- 1 pair gaiters (optional)
- Waterproof over-trousers
- Waterproof/windproof jacket

Personal & Group Kit:

- Rucksack
- Rucksack liner (or 2 strong plastic bags)
- Sleeping mat
- Sleeping bag (3/4 season)
- Waterproof sleeping bag bag
- Sleeping bag liner (optional)
- Survival bag
- Small amount of money (optional)
- Notebook & pen/pencil
- Watch
- Whistle
- Torch (handheld or head)
- Spare torch batteries/bulb
- Personal first aid kit (see below)
- Emergency food rations
- Water bottle (1-2 Litres)
- Knife, fork, spoon
- Small pocket knife/tool
- Plate/bowl
- Mug
- Waterproof matches
- Wash kit/personal hygiene (sharing possible)
- Towel
- Tent(s)
- Camping stove(s)
- Safe camping stove fuel
- Cooking pans
- Scourers
- Tea towels
- Lightweight food & snacks
- Rubbish bags
- Toilet paper
- Map (www.turacotrail.co.zw)
- Compass(es)
- Map cases
- Camera (optional)

- Tick remover (optional)
- Trowel

Personal First Aid Kit:

- At least 2 pairs disposable vinyl (latex-free) gloves
- 1 large sterile unmedicated wound dressing (individually wrapped)
- 1 medium sterile unmedicated wound dressing (individually wrapped)
- Assorted individually wrapped sterile unmedicated adhesive dressings
- 1 individually wrapped triangular bandage
- 2-3 individually wrapped antiseptic wipes
- Crêpe bandage
- Large safety pins
- Small safety/medical scissors
- Tweezers
- Assorted adhesive plasters (zinc oxide, fabric, waterproof)
- Microporous/fabric medical adhesive tape
- Blister plasters/kit
- Chiropody felt
- Burns wound dressing
- Eye/wound wash

Important Medical Notes: Inform group members of relevant medical conditions and allergies (including medications). Consider adding personal medications, painkillers, antiseptic cream, antihistamine/bite cream, and rehydration sachets to your personal first aid kit.