



## Equipment Checklist for Outer Island Tour

### Documents

- Airline tickets
- Travel insurance document
- Passport (6 months current)
- Cash in Vatu (40000VT in small denominations)
- Credit Card

### Equipment Carriage

- Backpack
- Backpack waterproof cover
- Dry bags (Sea to Summit)
- 1 litre water bottle
- 65L backpack and rain cover (loaned by ABT)

### Sleeping Equipment

- Sleeping bag 0-5 degrees (no bigger than a football) OR
- Silk sleeping bag liner
- Self inflating air mattress and/or foam mat
- Self Inflating Pillow

### Clothing

- Moisture wicking t-shirt
- 3 x SPF50 Long Sleeved Fishing or Hiking Shirt
- Light weight casual shorts
- Boardshorts
- Socks ( 4 to 6 pairs)
- Lightweight fleece jumper
- Rain jacket (optional)
- Hiking boots (good synthetic brand)
- Reef Sandals (Teva, Rivers also have some that look quite good)
- Long sleeve swimming shirt (rashie) or 1mm wetsuit
- Hat (broad brim)
- Sunglasses
- Night attire (long pants and shirt)



## Miscellaneous

- Head torch (spare batteries)
- Camera (spare batteries)
- 2 x Toilet paper (waterproofed)
- Quick dry microfibre towel
- Tooth paste and brush
- Deodorant
- Biodegradable Soap
- Plastic eating bowl
- Plastic Mug
- Plastic cutlery
- Gifts for village children and schools
- Travel attire for flight home (left in Storage at Hotel)
- Mask and snorkel
- Personal flotation device
- Hammock (optional)
- Prepaid mobile (optional purchase at Port Vila)

## First Aid Kit

- Strapping tape
- Anti-histamine
- Blister pack
- Band aids
- Alcohol wipes
- Gastrolyte
- Imodium
- Cold and flu tablets
- Anti-inflammatory
- Panadol
- Malaria medication
- Antiseptic cream
- Sunscreen (500ml)
- Tropical strength mozzie repellent
- Alcohol gel hand wash
- Water treatment tablets
- Staminade/Gatorade
- Baby wipes (cleaning)