



**ENDEAVOURS  
ADVENTURES**



# Challenge Kit List

## CHALLENGE KIT LIST

To get maximum comfort with minimum weight, the following checklist has been created to help you choose your clothing and gear for this trip. Try to keep the weight of your equipment to a minimum.

**You must have everything listed on the 'Required' side of this kit list, otherwise you may not be allowed to take on this challenge.**

REQUIRED	OPTIONAL EXTRAS
<ul style="list-style-type: none"> <li>• Good walking boots – Waterproof with ankle support</li> <li>• Day pack (20L – 35L)</li> <li>• Large rucksack (60-75L) (<i>Avoid Suitcase</i>)</li> <li>• Sleeping bag (<i>Not required for Balkans trek</i>)</li> <li>• Trekking poles</li> <li>• Woolly hat and scarf / snood</li> <li>• Fleece gloves</li> <li>• Fleece jacket or sweater</li> <li>• Underwear – Sufficient for duration of challenge</li> <li>• Waterproof jacket or anorak</li> <li>• Waterproof trousers</li> <li>• Long sleeve shirts (Synthetic, Lightweight)</li> <li>• Trekking trousers</li> <li>• Personal first aid kit/Medications (Lightweight) – Blister plasters, painkillers, re-hydration sachets, anti-sickness and diarrhoea medication, insect spray, anti-bacterial hand gel</li> <li>• Face masks</li> <li>• Sun cream (SPF 30 minimum)</li> <li>• Lip sun protection</li> <li>• 2 x 1-litre water bottle (Reusable)</li> <li>• High energy bars / snacks</li> <li>• Travel towel</li> <li>• Shampoo and conditioner bars</li> <li>• Head torch with spare batteries</li> <li>• Power bank / portable charger</li> </ul>	<ul style="list-style-type: none"> <li>• Knee supports</li> <li>• Shorts</li> <li>• Trainers or sandals</li> <li>• Bandana</li> <li>• Liner socks (Synthetic)</li> <li>• Shoes for travel and free time</li> <li>• Casual clothing for travel and town wear (Lightweight, easily washable)</li> <li>• Spare laces</li> <li>• Luggage tags and locks</li> <li>• Penknife</li> <li>• Camera and accessories</li> <li>• Chargers</li> <li>• Ear plugs</li> <li>• Reading and writing materials</li> <li>• Small binoculars</li> <li>• Whistle</li> <li>• Reusable cloth bag for shopping (to avoid plastic bags)</li> <li>• Water purification tablets</li> <li>• Go Pro or Drone</li> <li>• Travel pillow</li> <li>• Cards / travel games</li> <li>• Sunhat and sunglasses</li> <li>• Dry bags for electronics</li> <li>• Pillow or pillowcase</li> <li>• Powdered drink mix</li> <li>• Book</li> </ul>

<ul style="list-style-type: none"> <li>• Socks – Wool or synthetic</li> <li>• Swimwear</li> <li>• Closed shoes / trainers</li> </ul>	
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## DOCUMENTATION

Passport (this must be valid for at least 6 months from the point of travel)  
 Passport pictures (recommended) and a photocopy of your passport  
 Travel insurance policy documentation  
 Proof of vaccinations (i.e., certificate)  
 Endeavours Adventures emergency contact information

## SUSTAINABILITY

Endeavours Adventures is passionate about being a leading provider of sustainable charity challenges & adventures that are socially and environmentally responsible.

Due to this, here are some companies that we recommend shopping from *if* you need to buy new outdoor gear for your challenge:

- **Patagonia** = <https://eu.patagonia.com/gb/en/home/>
- **Vaude** = <https://www.vaude.com/en-GB/>
- **Alpkit** = <https://alpkit.com/>
- **Páramo** = <https://www.paramo-clothing.com/en-gb/>

When buying new products, try to avoid buying items with perfluorochemicals (PFCs), along with synthetic materials that disintegrate after a few washes.

However, the most ethical outdoor gear is the kit that you already own. Or someone else does. The biggest thing the team with Endeavours Adventures would recommend is to either borrow someone else's outdoor gear, or to buy second-hand items in a charity shop or on an online platform like Depop.

If you are based in London, we also recommend looking at the 'Library of Things' – a business where you can rent useful things including outdoor gear from local spaces. You can have a look at what they offer here: [Library of Things | Borrow useful Things for your home, projects and adventures](#).

To learn more about the impact of outdoor clothing on the environment, have a read of this article: [Guide to Outdoor Clothing Brands | Ethical Consumer](#).