

# Borneo Short Trip Kit List

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You should consider that whatever you pack, you will have to carry with you. Therefore, be careful not to get too excited and take too much. Ideally you should have a 60-80litre rucksack or holdall and a small day sack (30-35 litres). You should use the following checklist as a guide:

## Essential Items

- Photocopies of your passport and cash cards in case the originals are lost or stolen; the copies should be packed separately from the original documents
- Passport and Visa
- Spending money & ATM Card

## Suggested Items

### Clothing/Footwear for Project work

- 1-2 sets of lightweight, quick drying, loose fitting long-sleeved tops and trousers for evenings
- 2 pairs of long shorts or cropped trousers
- 3 t-shirts
- A warm top (fleece or hoody) to keep you warm at night
- Well worn, comfortable and sturdy walking shoes/boots/trainers
- 1 pair of heavy duty gardening/work gloves
- Socks
- Hat, ideally with wide brim to protect head, face and neck from the sun, and/or bandana
- Sunglasses (with high UV protection)

*Please note that you may be working in areas where the locals expect a certain dress code. In these cases you are asked to respect their customs and wear the appropriate levels of dress, e.g. long sleeves. Camouflage/military clothing is also not suitable.*

### Clothing/Footwear for Leisure and Beach

- Swim Shorts or suits
- Flip flops
- Sarong or micro fibre towel

### Bedding and Bathing

- Pyjamas/Nightwear
- Personal washing kit (we recommend bringing biodegradable soaps and shampoos)
- Lightweight travel towel
- Lightweight sleeping bag or sleeping bag liner (mattress, pillow, blanket, and mosquito nets are provided)

### Project Supplies

- Small day sack/rucksack (25 - 35 litres)
- Dry bags or plastic sealable bags (good at protecting equipment such as camera from dust, humidity and water)
- Notebook and pens or pencils
- Insect repellent spray (ensure contains 30% to 50% DEET)
- Sunscreen lotion with SPF 30 or higher
- Water bottle (1litre capacity minimum)
- Antibacterial hand sanitiser
- Head torch or small hand torch with spare batteries

## Personal Supplies

- Underwear – enough for the length of your trip although hand washing is possible in most camps.
- Anti-malarial tablets (if applicable)
- Personal first aid kit (see below for suggested contents)
- Earplugs & eye mask if you are a light sleeper
- Wet wipes/Baby wipes/Tissues
- Contact lenses & solution (if applicable)

## Personal First Aid Kit

Below is a suggested contents list. However, this is only a guide and you should consult a GP should you have any questions. You should also consider sharing a kit between 2 or 3 of you or at least share specific items.

- Personal medication e.g. prescription drugs/inhalers
- Plasters
- Steri-strips for wound closure
- Crepe bandage 7.5cm
- Painkillers
- Antiseptic Wipes & Iodine Solution for wound/bite cleaning/sterilising
- Antihistamine cream and tablets
- Anti-diarrhoeal tablets (e.g. Loperamide, Imodium)
- Decongestant (e.g. Sudafed)
- Throat sweets
- Re-hydration sachets X 10 (e.g. Dioralyte)
- Tweezers
- Scissors
- Antacids

## Optional Items

- Diary or journal
- Camera with batteries/battery charger
- Mobile phone (depending on school policy)
- Books
- Sewing kit
- Spare batteries and film
- Talcum Powder – good for keeping your feet and other sweaty areas dry

## Jungle trekking extras

If your itinerary includes an overnight jungle trek then you should also bring:

- A lightweight sleeping bag (1 season).
- Thick hiking socks.
- Additional water bottle (1litre) or reservoir with drinking tube (2litres)