

World Extreme Medicine

Hostile Medicine - kit list



- 80+ litre duffel bag
- 30-40 litre rucksack
- 2 season sleeping bag
- Sleeping bag liner (thermal if cold sleeper)
- Foam roll/folding sleeping mat
- Inflatable sleeping mat
- 2 x lightweight trekking shorts
- 1 x lightweight trekking trousers
- 2 x short sleeve tops
- 2 x long sleeve tops (loose fit cotton recommended)
- 1 x fleece
- Trekking socks
- Underwear
- Broad rimmed hat
- Sunglasses
- Neck gaiter or scarf
- Lightweight trekking boots
- Comfy footwear for camp
- Smart casual clothes for gala dinner
- LED head torch
- Water bottles 2+ litres
- Water bladder (optional)
- Walking poles
- Duct tape
- Water disinfection kit
- Plastic bags / dry bags

Personal first aid kit

- Paracetamol
- Ibuprofen
- Imodium
- Antiseptic wipes
- Wound wash/saline pods
- Plasters
- Gauze pads
- Crepe bandage
- Zinc oxide tape
- Adhesive tape
- Moleskin/compeed
- Dehydration mix/tablets
- Small tub of Vaseline
- Tweezers
- Scissors
- Safety pins