



Hostile Medicine, Namibia

2027 Kit List

Participants must bring appropriate personal clothing and equipment for operating in a hot, remote, and austere environment. Much of the course takes place outdoors, often over uneven terrain, and you should expect exposure to sun, heat, dust, and variable conditions.

As a minimum, we recommend you bring:

Luggage

- 80+ litre duffel bag
- 30-40 litre rucksack

Sleeping

- 2 season sleeping bag
- Sleeping bag liner (thermal if cold sleeper)
- Sleeping mat (foam + inflatable is the best combo)
- Framed mosquito net (for outdoor wild camping under the stars)

Footwear

- Lightweight trekking boots
- Comfy footwear for camp

Clothing

- 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 brimmed sun hat with tie cord
- Neck gaiter or scarf
- Smart casual clothes for gala dinner

Personal equipment

- Sunglasses
- Sunscreen (min factor 15) and lip block
- LED head torch
- Water bottles or bladder 2+ litres
- Insect repellent
- Walking poles
- Duct tape

- Water disinfection kit
- Toilet paper and lighter or matches
- Plastic bags / dry bags

Personal first aid kit

- Personal first aid kit
- Paracetamol
- Ibuprofen
- Imodium
- Antihistamines
- Antiseptic wipes
- Wound wash/saline pods
- Plasters
- Gauze pads
- Crepe bandage
- Zinc oxide tape
- Adhesive tape
- Moleskin and/or Compeed
- Dehydration mix/tablets, such as Dioralyte
- Small tub of Vaseline
- Tweezers
- Scissors
- Safety pins