

# SJP Slovenia Kit List

## Equipment Required

### Medikit

Water Purification Tablets, Sun cream, Blister Repair Kit  
Plasters, Vaseline, Rehydration Salts  
Painkillers, Sun bloc, Insect Repellent

### Washkit

Pack Towel (microfiber life systems recommended), Soap (small bar)  
Shampoo (not a full size bottle!)  
Toothbrush, Toothpaste (small size)

### Hill Walking Items

Sleeping Bag - 2/3 season rated to 0° C comfort rating or sleeping bag liner (silk or cotton)  
Medium Sized Rucksack - lined with waterproof bags  
Rucksack Liner(s) / Plastic Liner(s) for Rucksack  
Bladder System (highly recommended - or other water bottles e.g. exercise bottle/Nalgene bottle)  
Walking Poles (highly recommended)  
Sun Hat (wide brimmed), Neck Scarf  
Snack Foods - we recommend good slow burning items - nuts, dried fruit, cereal bars etc

### Warm Clothing

Lightweight Fleece, Medium Weight Fleece, Lightweight Gloves  
Heavy Gloves (mitten type recommended), Fleece Hat

### Trek Clothing

Long Cotton Trekking Trousers, 1 Pair Tracksuit Bottoms  
Comfortable Trekking Shirts (long/short sleeved)  
Walking Boots (broken in with ankle protection)  
Walking Socks, Liner Socks  
Underwear, 1 Change of Casual Evening Wear

### Waterproofs

Outer Fully Waterproof Jacket (Gore-tex, E-vent)  
Outer Waterproof Bottoms

### Other

Toilet Roll / Pack of Travel Tissues, Spare Lace  
Camera, Film / Memory Card / Spare Battery  
Travel Documents, EHIC Travel Card  
Travel Insurance (compulsory)  
Passport  
Wallet, Credit Cards, Cash  
Sunglasses, Spare Comfortable Shoes  
Penknife, Mobile Phone (packed in a plastic bag deep inside your day pack!)  
Emergency Rations (energy foods - for the tough days on trek)  
Head Torch with spare batteries and bulb

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## Equipment Required

### Medikit:

sunbloc, blister repair kit, plasters, Vaseline, rehydration salts, painkillers, tubigrip (optional).

### Other:

spare lace, camera, memory card, wallet, money belt, credit cards, cash, sunglasses, spare comfortable shoes, penknife, emergency rations (energy foods – as recommended for your trek), head torch with spare batteries and bulb.



### Walking Items:

day sack (25-35 litre), rucksack liner / plastic liner for rucksack, bladder system (highly recommended - or other water bottles e.g. exercise bottle/ Nalgene bottle), walking poles (highly recommended), sun hat (wide brimmed), neck scarf, lunches —time will be available before setting out either the evening before the challenge or in the morning—please speak to your leader on arrival, but a good idea to bring certain items from home (dried fruits, nuts, flapjacks, etc.).



### Waterproofs:

1 outer fully waterproof jacket (gore-tex, event), 1 pair outer waterproof bottoms—please note you require these even in the height of summer—they are compulsory!

Nb your waterproof must have a hood, and should ideally be breathable—however, old style non breathable jackets are acceptable—although not the most comfortable.



### Clothing:

Warm Clothing; medium weight fleece, lightweight gloves, fleece hat, balacava/buff, wide brimmed sun hat

Long cotton trekking trouser, comfortable shirts / t-shirts (long/short sleeved), nb T Shirts & long sleeve base layers should ideally be made of wicking type material—which helps sweat to evaporate and stays comfortable throughout the challenge, walking socks, liner socks, underwear, 1 change of casual wear for after the trek



### Overnight items:

Evening clothes, Wash kit, lightweight microfiber towel, wet wipes,

## AC Discounts & Recommendations



[http://www.outdoorhire.co.uk/kitlist/landing\\_page.php?id=Adventure-Cafe](http://www.outdoorhire.co.uk/kitlist/landing_page.php?id=Adventure-Cafe)

10% Discount using code: **ADCOH966** on short or long term hire



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