

# JORDAN KIT LIST

✓ Please use this check-list to help you pack!

## Important documents & money

Passport & photocopy	<i>10-year essential; valid for 6 months after entry into Morocco. UK passport holders require a visa, purchased on arrival in Amman for approx £11. Other passport holders please check with Jordan Embassy</i>
Money	<i>We recommend taking £150 Sterling in cash. Jordanian dinars are available on arrival. Credit cards can be used in main cities.</i>
Credit Card	<i>Always carry a credit card in case of emergencies; make sure you know your PIN number</i>
Insurance documentation	<i>Advisable to leave a copy with your next of kin too</i>
Air tickets	<i>To be collected at the airport from your tour leader</i>
Immunisations record	<i>Useful as a record/proof of your vaccinations; Tetanus, Polio, Typhoid, Hepatitis A and B are recommended.</i>
Money belt	<i>Safest way to carry cash and valuables</i>

## Luggage

Rucksack/expedition kitbag	<i>For your main luggage; see luggage notes (below)</i>
Large strong plastic bags	<i>To keep things dry inside your main bag (especially sleeping-bag)</i>
Small day-sack	<i>At least 25-litre capacity; see luggage notes (below)</i>

## Trekking gear

Walking boots	<i>With good sole pattern and firm ankle support. Must be well worn in and waterproofed. Wear on flight; well worn in boots are irreplaceable</i>
Walking socks (at least 4 pairs)	<i>No need for a clean pair every day but it's a small luxury that can make all the difference! And to ensure you have dry socks each morning</i>
Wicking layers / T-shirts x 4	<i>Macmillan's own wicking tops are ideal (see below)</i>
Waterproof windproof jacket Waterproof windproof trousers	<i>Good quality essential; material should be breathable and seam-sealed; arm-pit ventilation zips a good feature.</i>
Hat / cap	<i>For sun protection; wide-brimmed recommended</i>
Sunglasses	<i>Wraparound style useful</i>
Shorts x 2 Trek trousers x 1	<i>Zip-off trekking trousers ideal</i>

## General clothing

Extra pair trousers	<i>Spare for trekking / evening</i>
Loose long-sleeved shirt	<i>Spare or for evenings; useful for sun protection on hot days</i>
Fleece / thick jumper	<i>For cool evenings and mornings</i>
Underwear & socks	<i>Non-trekking socks for evenings / back at hotel</i>
Warm hat and gloves	<i>Useful in camp; sleep in your hat for extra warmth if needed!</i>
Tracksuit bottoms / thermals	<i>Good for sleeping in and as spares</i>
Trainers / spare footwear	<i>For evenings, to give your feet a break from boots</i>
Spare set of clean clothes	<i>For when you get back from trek; can be left in hotel</i>

## Camping / general equipment

Sleeping-bag + liner	<i>3-4 season minimum; liner provides extra warmth (silk is best)</i>
Sleeping mat	<i>For extra warmth &amp; comfort; (self-inflating thermarest style recommended)</i>
Head torch with spare battery	<i>Essential in camp, may be required on longer trekking days; head torch keeps your hands free</i>
Water bottle(s) / platypus	<i>Should be able to carry min 2 litres</i>
Trekking poles	<i>Optional; useful on steep / uneven ground (use them when training)</i>
Water purification tablets	<i>Small pack as back-up only – this is purely a safety measure</i>
Liquid handwash	<i>Waterless for easy hygienic hand-washing</i>
1 roll toilet paper + plastic bags	<i>Bags for disposal of loo paper; fragranced nappy bags are best</i>
Ear plugs	<i>Useful if you are a light sleeper or if there are snorers in camp!</i>
Alarm clock	<i>Optional; useful if you have problems waking up (rarely a problem in camp)</i>
Whistle	<i>For safety reasons if you become separated</i>
Snacks (eg energy bars / dextrose tablets / dried fruit packs / jelly babies)	<i>Some snacks will be provided each day but bring top-ups, especially if you have special dietary requirements and may need a source of extra energy</i>
Wash kit (eg toothbrush, soap)	<i>Include wet wipes (essential when water not easily available)</i>
Camera	<i>Bring spare batteries, memory cards etc (little opportunity to recharge)</i>

## Small personal first-aid kit

*(include any medication you take regularly or while exercising)*

Diarrhoea tablets	<i>eg imodium</i>
Sun block / sun cream	<i>Minimum SPF 30</i>
SPF lip balm Aftersun / moisturiser	<i>Exposure to the strong sun and wind can make skin very dry</i>
Painkillers	<i>eg ibuprofen, paracetamol</i>
Rehydration sachets	<i>eg dioralyte</i>
Plasters and blister dressing	<i>compeed / moleskin / tape and dressings (whatever works best for your feet)</i>
Insect repellent	<i>Eg Ultrathon, Repel</i>

### Macmillan wicking tops

Why not buy Macmillan's own wicking base tops. Made from white 'coolmax' fabric, with the Macmillan logo printed on the front, they are excellent quality and great value for money at £15 each.

For more details, and to order your tops, please email us at [hiking@macmillan.org.uk](mailto:hiking@macmillan.org.uk) or call us on 020 7840 7887.

## Climate

On the whole the days are usually very warm; expect to trek in shorts and t-shirt except perhaps for early starts. The sun can be hot and there is very little shade, so use a higher factor sunscreen than usual and cover up with light loose-fitting clothes if you burn easily. You can buy a traditional desert scarf en route very cheaply. The average temperature range in Autumn is 14 - 31°C.

Early mornings and evenings can be cold – the heat disappears in the desert as soon as the sun goes down – and you will need warm layers in camp. You need good quality kit – you will enjoy the trekking more if your equipment keeps you warm and comfortable and allows you to get a good night's sleep! A pair of thermals is a good idea if you feel the cold at night, and a warm hat! Loose-fitting garments that trap air around your body are better than tight nightclothes.

## Luggage

Please be careful when packing your luggage as we are restricted by space available. We recommend a soft expedition-type kitbag (Discover Adventure offers a low-cost kitbag designed for this kind of trip, [www.discoveradventure.com](http://www.discoveradventure.com)). A soft rucksack (no external frames) is fine but it's harder to access the kit you need in a tent – especially for rucksacks with top access only. You can leave a bag or case in Amman with gear not needed on the trek.

You must only have **ONE** main bag as well as your day-sack on the trek. **No suitcases please.** Please bring large strong bags to line the inside of your main bag and wrap your sleeping bag in. Storage space on the trek will be limited. Your luggage allowance on the plane is 20kg - this must be adhered to. Airlines are getting stricter in terms of charging for excess baggage, so please do try to keep within the limit. Be aware that hand-luggage restrictions may sometimes change due to airport security measures.

Remember not to pack any liquids, penknives, scissors, tweezers etc in your hand luggage.

Trekking poles should also not be carried on as hand-luggage. They should be packed into your main bag – dismantling them will make them smaller, but if they don't fit, the best option is to secure them well and label them separately in case they become detached.

It is best not to pack any valuables into the side pockets of the bag you check in. As a general rule, avoid travelling with anything valuable or irreplaceable.

Everyone will carry a day-sack with camera, spare clothes, fleece, waterproofs, first aid kit, sun cream, snacks and anything else you need for the day: you will not be able to access your main pack until you reach camp. A day-sack with adjustable shoulder-straps and hip belt is essential.

