



## **Advanced Wilderness Life Support Course (Guatemala) – Gear List**

- Lightweight walking trousers x 2
- Shorts (lightweight/trekking)
- Socks and underwear (sufficient for 10 days. There will be laundry facilities on day 1, 4 and 9)
- T shirts
- Lightweight/expedition weight, long sleeve jungle shirt (such as North Face, Crag Hopper, Columbia etc.)
- Lightweight fleece/warm top
- Waterproof jacket
- Warm jacket for summit day
- Sandals/flip flops
- Casual clothing for dinner at the hotels in Guatemala City and Antigua Guatemala (Temperatures can range from 10-25 degrees Celsius)
- Boat/water shoes (to protect feet whilst in the jungle river: trainers are not suitable for rafting as they take too long to dry)
- Lightweight comfortable shoes (Trail shoes, trainers or summer walking shoes/boots)
- Sun hat
- Sun glasses
- Watch
- 10 metres of paracord/utility cord
- 2 x snap gate carabineers
- Head torch
- Compass/GPS (Optional)
- Spanish phrase book (Optional: Medical MP3 and PDFs supplied)
- Chargers for all electronic equipment (and adaptor for Central America)
- Ear plugs
- Sleeping bag liner
- Pocket knife/multi tool
- Walking poles (if desired)
- Gloves, scarf, woolen hat, buff (For summit day)
- Waterproof Sun screen (Min SPF 30)
- Lip salve/sun screen
- Hydration bladder or Nalgene water bottle (for up to 3 litres of water)
- Water purification system (Filter or tablets)
- Jungle strength insect repellent
- Mosquito head net (optional)
- Waterproof notebook and pen
- Selection of waterproof canoe bags
- Flask/thermal mug
- Knife, fork and spoon
- Plastic plate, bowl and cup
- Whistle and lanyard
- Camera and robust/waterproof case and batteries
- Lightweight trek towel (antibacterial)

- Large holdall/duffel bag for equipment carriage/storage throughout the trip
- Rucksack 60 litre for the Tajumulco trek (Suitable to carry sleeping mat, sleeping bag, spare clothes, food, water and either tent canvas or poles)
- Wash kit/toiletries (enough personal hygiene products to last the duration of the trip, however, basic items will be available en route throughout the trip)
- Small personal first aid kit, to include own prescription and over the counter medicines required for pre existing conditions and common adventure travel related illness and injury, such as:
  - Plasters and antibacterial wipes
  - Crepe/elasticated bandage
  - Antiseptic cream
  - Anti histamine
  - Anti diarrhea
  - Anti emetic/travel sickness
  - Anti fungal cream
  - Zinc oxide tape/blister kit (Compede)
  - Analgesics such as Paracetamol (Tylenol) and Ibuprofen
  - You may wish to seek advice from your physician regarding the requirement for Acetazolamide/Diamox for the trekking phase up to 4,220m.
  - Antibiotics for intestinal infections
  - Malaria Prophylaxis (Only required if intending to stay and travel to northern jungle, temples or the coast)
- Rucksacks, sleeping bags, roll mats, jackets, waterproofs can be hired for the Tajumulco trek. Hire of these items is through Quetzal Trekkers at additional cost and will only be available for the Tajumulco trek phase.
- Hammocks and mosquito nets (only required if staying after course to travel to jungle)

The course team/faculty will carry a comprehensive first aid kit (medical/trauma pack), along with emergency medications, oxygen and an automated external defibrillator, along with a selection of primary care medications, stretchers and emergency satellite communications.

#### Documents

- Passport
- Colour photocopy of passport photo page
- Insurance documents (Via Global Rescue)
- Vaccination card
- Personal Medical Questionnaire (Can be sent to us via email or handed to us upon arrival)

This list is not exhaustive and delegates are welcome to bring additional items they feel they may require based on individual needs/experience. If in any doubt, please email the team on [info@sosserVICIOSmedicos.com](mailto:info@sosserVICIOSmedicos.com) and we can assist with any queries you may have.