

JUNGLE KIT LIST

The items on the essentials list must be taken, failure to do so can be serious. Many of the items on this list can be used for two or more things.

ESSENTIALS

ITEM	X	ITEM	X
SUNHAT – RIMMED		HIGH FACTOR SUNSCREEN	
WASH BAG – ABILITY TO HANG PREFERABLE		TRAVEL TOWELL	
ALL PURPOSE SOAP		DRY WASH BATH / SINK PLUG	
INSECT REPELLANT – MUST BE DEET BASED		BITE RELIEF / ANTI-HISTAMINE	
FIRST AID KIT (WITH STERILE NEEDLES & BLISTER PADS – TWEEZERS ARE ESSENTIAL)		VASELINE	
HEAD TORCH & SPARE BATTERIES		WARER BOTTLE / HYDRATION SYSTEM – LIFESAVER BOTTLE / WATER TO GO / KATADYN VARIO	
CHLORINE DIOXIDE		DRY BAGS X 4 – CANOE BAGS	
SURVIVAL TIN		PARACHORD	
KFS (KNIFE / FORK / SPOON)		MESS TINS / BILLY CAN / METAL MUG	
FIRE-STEEL / LIGHTER / WATERPROOF MATCHES			

TOOLS

Tools used in the jungle should reflect the vegetation found in the specific area of operation. Operating in primary jungle, where a tool is used constantly and often held above the head calls for sharp and lightweight. Carbon steel holds an edge better and is generally easier to keep sharp, however CS is prone to rust. Stainless steel doesn't rust as readily although it loses its edge quicker.

ITEM	X	ITEM	X
MACHETTE / BOLO / GOLOK / PARANG		SURVIVAL KNIFE – NO LONGER THAN 4 INCHES	
HANSAW		MULTI-TOOL / LEATHERMAN / SOGG / GERBER ETC.	
TOOL SHARPENING STONE			

CLOTHING

It should be noted that there are many materials available on the market for consumers.

COTTON: In high humidity cottons saturate quickly and don't dry out easily unless they are made of a thin material. this being said cotton generally has better insulation qualities than man-made fibres. prolonged use can lead to mildew and rot.

NYLON: Doesn't easily absorb water, however breathability is poor in humidity leading to material "clinging" to you in high humidity.

POLYESTER: Better wicking properties and breathability than nylon.

POLYCOTTON: Combination of polyester and cotton. breathable, quick drying. less prone to rot.

ITEM	X	ITEM	X
LIGHTWEIGHT WATERPROOF JACKET		LIGHTWEIGHT WATERPROOF TROUSERS	
UNDERWEAR		LIGHTWEIGHT TROUSERS X 2	
SHORTS		LONG SLEEVE SHIRT X 2	
SHORT SLEEVE SHIRT / T-SHIRT		LIGHTWEIGHT FLEECE	
SOCKS			

SLEEPING SYSTEM

Temperatures and humidity vary greatly depending on long/lat however you should expect the evenings on average to be 10 degrees cooler than the day time in primary jungle. For this reason, the sleeping system chosen should reflect this, a bag too warm will result in sweating and reduced insulation qualities. Down bags are lighter, pack down smaller however when wet lose a large amount of heat retention. Synthetic bags are bulkier, heavier however will keep you warm when wet/damp. A mosquito net is essential. hammock systems should also have an inbuilt mosquito net.

ITEM	X	ITEM	X
SLEEPING BAG (1-2 SEASON)		SLEEPING BAG LINER (SILK)	
MOSQUITE NET		HAMMOCK	
TARPOLINE / BASHA		PILLOW CASE / FOR HYGIENE	

RUCKSACK

All dependant on personal choice, however a top loading rucksack is easier to pack and keep compartmentalised. a large rucksack should be used to store all equipment safely in and a smaller “day sack” should also kept with you at all times whilst working, in this you should keep first aid, survival tin, sunscreen and other essentials.

ITEM	X	ITEM	X
60 LITRE RUCKSACK		25LITRE DAYDSACK	

FOOTWARE

One of the most important parts of your body to look after is your feet. Boots/shoes/sandals that you choose should be worn in prior to the trip to stop blisters and rubbing. Footwear should be light and breathable. Gore-Tex and other waterproof footwear should be avoided as they will keep the moisture in and won't dry out as quickly.

ITEM	X	ITEM	X
LIGHTWEIGHT BOOTS		LIGHTWEIGHT 'APPROACH' SHOES	
SANDLES (ALWAYS USED WITH SOCKS)			