

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

### **Clothing:**

- Lightweight walking trousers (zip-offs convenient)
- Shorts (lightweight/trekking)
- Socks and underwear / synthetic may be more appropriate
- 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 (Warm Down Parka as it can be cold on Summit Morning)
- Sandals/flip flops
- Casual clothing for dinner at the hotels in Guatemala City and Antigua Guatemala (Temperatures can range from 10-25 degrees Celsius) Blue Jeans / Comfortable City Clothes
- Boat/water shoes (to protect feet whilst in the river: trainers are not suitable for rafting as they take too long to dry; Tevas or strapped on shoe)
- Lightweight comfortable shoes (Trail shoes, trainers or summer walking shoes/boots)
- Warm liner gloves as well as winter mitt for summit morning

### **Accessories:**

- Sun glasses
- Sun Hat
- Watch
- 10 metres of paracord/utility cord
- 2 x snap gate carabineer
- Head torch
- Chargers for all electronic equipment (and adaptor for Central America)
- Ear plugs optional
- Sleeping bag with optional liner (Down to 20F preferred)
- Pocket knife/multi tool
- Walking poles (if desired)
- 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)
- Insect repellent
- Mosquito head net (optional)
- Waterproof notebook and pen (optional)
- Selection of waterproof canoe bags (optional for rafting day)
- Flask/thermal mug
- Whistle and lanyard
- Camera and robust/waterproof case and batteries
- Lightweight trek towel (antibacterial) - optional

- Large holdall/duffel bag for equipment carriage/storage throughout the trip
  - Example: North Face Duffel Bag - Large
- Backpack - 50 - 60 litre for the trek (large enough to fit all mountain gear) (Suitable to carry sleeping mat, sleeping bag, spare clothes, food, water and either tent canvas or poles)
- Sleeping Mat
- 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)

You may also wish to bring some of your own snacks / candy to bring along for the hiking and or long bus rides. Cliff bars, gels, energy bars, etc.

### **First Aid Kit**

- Small personal first aid kit, to include own prescriptions and over the counter medicines required for pre existing conditions and common adventure travel
- related illness and injury, such as:
  - Plasters and antibacterial wipes o 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, but it is fairly low risk for serious altitude sickness
  - Antibiotics for intestinal infections
  - Malaria Prophylaxis
  - Rucksacks, sleeping bags, roll mats, jackets, waterproofs may be hired for the trek, but please ask as some supplies may be limited

The course team/faculty will carry a comprehensive first aid kit (medical/trauma pack)

### **Documents**

- Passport (please bring extra photocopy and send us a copy / picture of passport)
- Colour photocopy of passport photo page
- Insurance documents (Via Global Rescue or other rescue service)
- Vaccination Card
- All Registration Papers including Waiver
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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 at [wildmedadventures@gmail.com](mailto:wildmedadventures@gmail.com) and we can assist with any queries you may have.

Wild Med Adventures