

## UKhammocks Borneo Expedition Kit List

### Equipment provided By UKhammocks upon arrival if required:

- Tarp
- Woodsman Xpedition Hammock
- Parang (machete)
- Hexamine cooking tablets

### Wet 'Day' Clothing

We advise that you treat your day clothing and hammock with a fit for purpose Permethrin or Cypermethrin spray, personally we use 'Enguard' for this, it will reduce insect landings by 45% and Bites by over 90% if using another brand for skin contact ensure Permethrin it is diluted to no more than 0.5%. We try to avoid DEET based sprays as they can have a detrimental effect on Your clothing and equipment, we currently use PreVent for this on exposed areas of skin.

one pair of Walking trousers (no zip off legs)	<b>'Craghoppers Kiwi classic'</b> are proven and good value for money
Long sleeve shirt (loose fitting, long enough to tuck into trousers)	Most poly/cotton adventure shirts will suffice, a light but dense weave helps keep mosquitos from biting through.  <b>'Craghoppers Kiwi LS Shirt'</b> is a great value choice  <b>'5.11 tactical shirt'</b> is popular, but they the cotton versions are heavy weight and some find them a bit hot, the nylon blend is preferable
Two pairs of summer weight walking socks	Bridgedale <b>'CoolFusion Trailblaze'</b> and <b>'woolfusion ultra lightweight'</b> are very popular, choice between the two depends on which fits in your boots better, the former is thicker than the latter.
Lycra running/cycling shorts (Plain without reinforced gusset) Or Ultralight running shorts	<b>'Under armour heat gear compression shorts'</b> are very popular but we have recently been using the <b>'newblance go 2 short'</b> with the internal brief cut out and personally prefer this arrangement.
Lycra Sports Bra (no metal underwire)	'Shock absorbers' brand are popular
Boonie hat	Lots of available choices but all much the same, the fashion is for a short stubby brim but we recommend a full brim to protect from sunburn when on boats.  Tilley are a well regarded choice
Nylon belt	Any type so long as it's comfortable under your pack waist strap and doesn't rub anywhere

Boots  (Get purpose designed jungle boots, they need to drain water quickly)	It's extremely important that you have proper jungle boots that they fit well and are broken in before departure.  The <b>Altberg Panama Jungle Classic</b> is by far the best jungle boot available in the UK and our recommendation.  The <b>Lowa elite jungle boot</b> is also a good option
hydrophobic insoles	Replace the innersoles that came with your boots with ones that won't absorb water, it really helps keep your feet from rotting, Superfeet are good, but avoid Sorbothane

### Dry 'night time' Clothing

One pair Light weight cotton trousers	Any lightweight small pack size cotton trousers will suffice, something comfortable with a drawstring waist.
One Light weight cotton shirt	Any lightweight small pack size cotton shirt will suffice, something comfortable with chest pockets for your earplugs etc.
Comfortable socks	We like to carry the same type as our walking socks for no other reason than it means we can use them as walking socks if we have to.
Light weight non water absorbing camp shoes	The Vivo 'trail freak' or 'Ultra' are perfect, but very expensive. Any Croc type shoe will do

### Equipment you need to bring:

Rucksack 50-70ltr	A comfortable and robust pack that will comfortably carry in excess of 15kgs, it must have room to accommodate not only your personal equipment but also 4-5 days of rations plus your water. Avoid excessive padding which holds water.  The 'Berghaus Centurio 45' in combination with two 10lt removable PLCE side pouches is a popular choice.  We are fans of the 'Hill People UTE' and Kifaru's military range but these are expensive packs and only worth the outlay if you anticipate doing this sort of thing regularly.
Large waterproof dry bag,	A single dry bag that is moderately light weight and a little larger (especially in width) than the inside of your pack. You do not want a heavyweight canoe sack but also consider avoiding some ultralight drybags that are prone to being punctured easily. A valve or other method of removing excess air from inside is often convenient provided it is not prone to failure. 'Bergans Dry bag compression 50lt' is our favourite
Sleeping bag	A lightweight warm weather, synthetic fill, rectangular cut sleeping bag or over quilt with foot pocket. A snugpak jungle bag works well, or contact us and we'll make a jungle quilt for you.
Hammock	Wouldn't be a hammock expedition without one! Must have built in mosquito net, call us if you need any advice.

Tarp	A large silnylon tarp is recommended, you'll need space to both hang your hammock and conduct your personal admin beneath it during torrential downpours. UKH Cat-Hex is a great proven choice
Water containers	Aim to carry 3lt minimum, split over two containers or more. For hydration bladders we highly recommend the following arrangement: 'Source Hydration WLPS 3L' in combination with a separate 'Source Hydration Liquitainer 2lt' and 'Source Universal Tube Adapter'. This will allow you to collect and treat your water in a separate 2lt bag and transfer it to the bladder in your pack without having to open the pack and remove it, very convenient and bombproof.
Water purification (Essential that you get this right)	Purchase a box of <b>OASIS Water Purification Tablets (50)</b> You may also bring alternative water purification methods if you like but be aware that filters are prone to clogging, if you use one be sure it is capable of removing viruses, not just bacteria and protozoa. Don't bring a UV treatment system, they are not reliable in the jungle. We personally like to kill everything with iodine, but unfortunately our favourite system 'Polar Pure' is no longer manufactured.
Metal Spoon and mug	I'm sure you have a favourite
Billy can or mess tin	1 lt capacity or more, to cook for one person
Pocket Knife or multitool	A stainless steel folding knife, with a reliable locking mechanism, avoid wooden handles they will swell and warp. A 'Leatherman wave' is ideal
Sharpening stone	Small sharpening stone, the 'Fällkniven DC4' is ideal.
Whistle	To hang around your neck, the 'Acme Tornado 636 Whistle' is a long standing favourite.
X3 Lighters	At least three 'Bic Maxi J38' or 'Bic mini J39' electronic lighters, the only lighters we have found to work reliably in the jungle, cheap too
Waterproof note book and pencil	Anything by 'Rite in the rain' is ideal
10 meters of paracord	550 paracord comes in many colours
LED Head torch	Petzl tikka or zipka are perfect, make sure you have a set of spare batteries
Admin bag	A small bum bag or similar to organise your small items and keep essentials such as medical kit, head torch to hand when in your hammock or away from your rucksack. The Maxpedition proteus is popular, we like the 'Hill People Gear kit bag' or the 'Kifaru admin pouch' but they are pricey.
Quick drying Towel	'PVA shammy' , sold for cleaning cars, get the largest size you can find. Ultralight and the only towel which doesn't smell like something died in it after a week in the jungle.
Camera	Bring something totally waterproof or bring a Pelicase to keep it in and plenty of silica desiccants to keep it from fogging up; even then it may still die, the jungle spirits hate cameras. Bring plenty of spare batteries and a spare memory card.
MP3 player	The nights are long, bring music and consider a couple of audio books
Work gloves	Light synthetic work gloves, something like the 'Contour Avenger work glove' is perfect

Antifungal foot powder Ball	Made by decanting your foot powder into a nylon stocking, twisting the neck and folding back inside itself a few times. Fill with an antifungal powder like mycil  Stops your hammocks looking like a rock stars hotel room and makes foot/crotch/armpit powdering a breeze in your hammock.
Soap	Cut down to fit in a film container or a concentrated liquid soap Dr Bronners is good as is Tetmosol
Exfoliating glove	Great for washing in rivers and ensuring you don't lose your soap, available in boots and most supermarkets
Toothbrush/toothpaste	Cut the handle in half to save bulk
Alcohol gel	Alcohol hand sanitising gel, get one with a cap that won't leak
Earplugs	The industrial type attached by a cord
Needle and thread	For repairing torn clothing
Duct tape	Wrap duct tape around your water bottle or some other item so it's available when you need it.
Silva Sighting compass	A compact sighting compass, 'Silva Ranger SL Compass' will do just fine for this exped or a Silva 54 if you must have the best
Fire Lighters	Strips of rubber inner tube, go to your local bike shop and ask for all his scraps!
Admin mat	Thin foam sit mat or cut down camp mat to stand on outside your hammock to avoid muddy feet whilst changing. Some packs have a removable foam pad inside that can be used for this purpose.

If you would like to bring your own gas fuel camping stove you are welcome, it's certainly much quicker than cooking over hexamine or open fires, but be aware that threaded camping gas cylinders are not available in Brunei, so you will need to purchase a 'picnic burner cartridge converter' (shown below) to allow you to use the local bayonet type cylinders, they are usually only a few pounds on eBay:



### Personal Medical Kit

Antihistamines	We like diphenhydramine (Benadryl) as it also makes you sleepy, convenient since your usually taking it because your mosquito bites are keeping you awake
----------------	---

Antifungal cream	Lamasil cream is by far the best
Hydrocortisone cream	
Antibiotic powder	Prescription only, but Pretty much essential. Bizarrely its frequently available on amazon
Melonin Non-adherent dressings	5cm <sup>2</sup> and 10cm <sup>2</sup>
Paracetamol	300mg tablets
Ibuprofen	500mg tablets
Compeed	Blister pads
Dioralyte sachets	Oral rehydration solution
Emergency Care Battle Field Dressing– <b>Must have on you at all times</b>	To tape to your parang sheath
C.A.T. Tourniquet – <b>Must have on you at all times</b>	To tape to your parang sheath
Large cohesive bandage - <b>Must have on you at all times</b>	4.5m x 10cm, Equine vet wrap
Tweezers	'Uncle Bills Sliver grippers' are good
Tegaderm film	Waterproof dressings, a few sizes
Steri-strips	6mm Two packets
Betadine Povidone Iodine Solution	Small bottle, makes dressing stick
Tincture of Benzoin	also known as Friars Balsam
Aloe-vera gel sachets	for burns
Leukosilk Fabric Tape	For taping down dressings
Personal medication	Declared on Med form

#### Documentation in a waterproof bag:

- Passport
- Proof of Travel insurance
- Proof of Evacuation Cover (SOS international/battleface are 2 we would recommend)

#### Additional Kit

- A Hammock chair/EDC hammock is a welcome addition to enable you to relax around camp and on the trail without getting your sleeping hammock wet/dirty.
- Netted Clothes bag for drying/storing your day's clothes overnight.
- Jungle Chair for an A frame seat in base camp locations.

#### Extra non expedition items:

We fully understand that you are traveling a long way and you may wish to bring spare clothing and Laptops etc. we do have a small amount of space in our private residence for the storage these items, it is secure however we cannot take any responsibility for items left there.

A rucksack travel bag or cover can help prevent your rucksack from being damaged in transit and provides a bag to store items not being taken into the jungle.

**We have been operating in this environment for over a decade, if it's not on this list your really don't need it!!!**