



PACKING LIST FOR THE TANKWA CAMINOS

First-aid kit:

- Medical items and blister treatment (mercurochrome, alcohol swabs, needle & thread, plasters)
- Vaseline (for the soles of your feet)
- Lip balm – get a good quality lip moisturizer with sunscreen.
- The Karoo sun is very potent, so please bring sunblock in two strengths along. Start your walk using a factor 50 and switch to a factor 30 sometime during the walk.
- Vitamin supplements
- Painkillers

Visit your pharmacist or doctor, and make sure you also bring along the following:

- Imodium
- Rehydrate
- Antihistamine ointments and pills.
- A good broad-spectrum antibiotic for the treatment of possible inflammation of blisters or inflammation of the tissue
- Anti-inflammatory medication for joints
- Anti-inflammatory medication for muscles, but please remember that this medication can cause fatigue and make you feel weak the next day.

Better to take precautions than to have problems with no remedies available. Many of the proposed items are unavailable over the counter and require a doctor's prescription.

General camping equipment and baggage:

Clearly, mark all items that will be transported on the truck with a permanent marker on duct tape.

- Tent with all its pieces in a bag (erect at home to ensure it is complete!) **NOT MORE THAN 3KG**
- Extra tarpaulin to provide shade on a sweltering afternoon at the camp. **No gazebos are allowed!**
- Extra tent pegs in case of strong wind
- Warm sleeping bag and extra inner liner and/or fleece blanket. Adjust your sleeping bag for low temperatures at night. Nights can get unexpectedly

bitterly cold, especially when it's raining. A warm water bottle comes in handy.

- Folding camp chairs in their carry bags must be marked. Light camping chairs are essential. No heavy pool chairs are allowed.
- Inflatable mattress and pump. Please bring along suitable patches in case your mattress gets punctured.
- If the mattress gets punctured, there will be no substitution for a mattress.
- Two bins, not exceeding 50 litres, for food and general supplies
- NO PEP Stores bags will be allowed anymore
- A stretcher may be used, but it must be a light stretcher, which can be broken down like a tent and placed in a sack. They are also usually flat and low on the ground.
- No heavy stretchers are allowed.
- Warm sleeping bag and extra inner liner and/or fleece blanket
- Folding camp chairs in their carry bags and mark all chairs and the carry bags.
- Inflatable mattress and pump. Please bring along suitable patches in case your mattress gets punctured.
- A plastic box not exceeding 50 litres for food and general supplies
- Headlamp or torch
- It is a good idea to carry a very thin sponge mat along the route so you can lie down on your back to rest—for example, a yoga mat.

Clothes recommended by previous Camino hikers:

- Three shirts/T-shirts
- 2 or 3 walking pants (e.g. First Ascent ski pants/Zip-off long pants or shorts)
- Windbreaker/rain jacket or poncho (for those who use ponchos)
- Comfortable clothing (tracksuit) to sleep in
- Cap/beanie and gloves
- 'Buff' (to protect the face from dust when vehicles pass and neck from the sun).
- Long johns/thermal underwear – to keep warm on freezing nights
- Warm top/thick fleece top
- Enough socks & underwear
- Sun hat
- Umbrella
- Sandals for use in camp
- Walking shoes (cross trainers) and walking poles
- Gaiters (to help keep stones out of shoes). Also, to prevent your shoes and feet from getting wet when it rains.

General:

- Backpack with splash cover
- 5-litre container – for water to wash yourself
- Bladder/water bottles (at least 2 litres per day)
- Small stove & fuel if required)
- Headlamp or torch & extra batteries
- Additional light (e.g. to hang up) for the inside of the tent – especially if the tent is shared
- Eating utensils (including a 'spork' & cup/mug)
- Sunglasses
- Writing tools & journal

- Reading material
- Camera & extra batteries/memory cards
- Medical items and blister treatment (mercurochrome, alcohol swabs, needle & thread, plasters)
- Vaseline (for the soles of your feet)
- Lip balm – get a good quality lip moisturizer with sunscreen.
- Sunscreen in two strengths. Not less than a factor 50 and a factor 30.
- Vitamin supplements
- Toiletries (body lotion, toothbrush, toothpaste, floss, small mirror, etc.)
- Toilet paper & tissues
- Wet wipes/disinfectant wipes
- Extra zip-lock bags & general-use plastic bags (some for garbage disposal use)
- Newspaper (to stuff in wet shoes to absorb water)
- Bring paper plates together with a lightweight underplate for support
- Light quick-dry towel

Breakfast:

- Coffee/tea, biscuits, and packets of cereals (e.g. Oat-So-Easy)

Daily Snacks & lunch:

DO NOT PACK TOO MUCH FOOD!

Separate each packet in a Ziploc bag for each breakfast and snack bar for when you are on the road. The hikers feel that they eat breakfast along the way rather than in the camp before walking.

- Unnecessary amounts of alcoholic drinks should be avoided.
- Old Brown Sherry 1 liter/1 litre red wine box of your choice.
- Cup-a-soup
- Several boxes of juice/sodas for lunch at the camp
- Small long-life milk cartons
- Tuna sachets (lunch)
- Biltong
- Chocolate
- Snackers/energy bars/Jelly Babies
- Nuts & raisins, dried fruit bars
- Cheese and Provita/Salticracks/Ryvita
