PERSONAL CHECKLIST

**PERSONAL TOILETRIES**

General Toiletries including

* hair clippers (optional)
* Shaving kit

Strongly suggested are the following:

* Mosquito and tick repellent
* Sun block
* Lip Ice/Vaseline
* Zinc Oxide ointment (chaffing)

**CLOTHING**

**PLEASE CLEARLY MARK ALL ITEMS (INCLUDING SOCKS).**

* 10 x Underwear
* 2 x Sleepwear
* 2 x Swimming costume
* 2 pairs of **thick** socks for hiking, 5 x short socks for cycling, running and casual wear, 1x long socks/ rugby/ soccer
* 2 x Jeans
* 1 x Warm track suit
* 1 x Sweater
* Shoes for 1 x formal; 1 x smart casual; 2 x outdoor/sport cross trainers, 1 slops/ 1x rafters (See under “Sports kit” for more details)
* 1x 2-piece work suit
* 1x Rain proof jacket (for winter weather/ hiking)
* 5x Shorts; 2x smart shorts (cargo type), 4x boxer type (for bush and sportswear)
* 2 x Casual collar shirts
* 1x Smart collared shirt
* 5 x Plain T-shirts
* 3x Khaki or green cotton shirts for bush work
* 1 x Khaki pair of chinos
* 1x Black pair of chinos
* 1 x Formal, long sleeve shirt & tie

**LINEN**

* 3 Towels for bathing, swimming and camping (one spare depending on weather)
* 10 Coat-hangers
* 2 Pairs of single sheets
* 1x Duvet
* 2x Blankets

**LAUNDRY**

Laundry will be provided at base camp but 1kg of hand-wash powder will be required for individuals to wash their clothes when away camping.

**PERSONAL FIRST AID KIT**

For those who have not attended one over the past year, students will complete a First Aid course within the first few weeks of the programme, and will be expected to attend to smaller health problems themselves. Otherwise during eco-challenge events, mountain bike rides, hikes etcit is part of the compulsory equipment. Students will be encouraged to carry their First Aid kits with them when away from base camp.

Their kit should include the following:

* Antiseptic solution/ointment - egBetadine ointment, Gentian Violet or Mercurochrome/ Methiolyte
* Antibiotic cream ieBactroban
* Paraffin gauze
* Antihistamine cream or tablets
* Anti-inflammatory cream/deep heat
* Darolyte tablets (or other rehydration salt tabs/sachets)
* Analgesics (ieParacetamol tabs, Aspirin etc) and anti-inflammatory tabs (Voltaren, Ibruprofen)
* Anti-diarrheal medication
* Eye and ear drops
* An assortment of bandages, plasters and strapping x 2 rolls, zinc oxide strapping
* A drawing agent ieGlycerin and Ichthamol-( G&I)
* Space blanket
* Water purification tablets

Please note that:

* Whilst our main camp is in a malaria free area, anti-malaria prophylaxis will be provided as and when required on excursions and charged to the student’s account.
* Repeated prescription drugs to be accompanied with a letter from the doctor.

**MEDICAL**

* Please ensure that you have a comprehensive medical check-up prior to the start of the course. You will participate instrenuous exercise and outdoor activities.
* Please inform Administration of any health and diet restrictions and any history of previous PHYSICAL OR EMOTIONAL TRAUMATIC EVENTS in your life. A Medical History form will be sent to the students prior to their arrival to be completed in full and presented on arrival.
* Please bear in mind, this course can be both mentally and physically taxing at times. Your physical check-up should cover:
	+ Any previous spinal or head injuries or disabilities
	+ Heart, lungs and ears
	+ Identification of blood group
	+ Correct drug dosages for medical conditions such as Epilepsy.

**MEDICAL AID COVER OR INSURANCE**

**Because of the physical nature of this course we insist that all students are in possession of the following PRIOR to the start of the course**

* Valid Medical Aid cover with an up to date **medical aid card** or
* Proof of valid Medical Insurance

**GENERAL PERSONAL ITEMS**

* Valid passport. Please check expiry dates
* ID and Drivers License (preferably certified copies)
* GPS (a robust outdoor make)
* Camera
* Laptop (extensive use of cameras and laptops)
* Cell-phone and charger
* Binoculars (optional)
* Cap/hat and sunglasses
* Head-light torch and spare batteries
* Strong hand held torch
* Pocket- knife or Leatherman type of tool
* Laundry marker or permanent marking pen
* Sewing kit with needles, pins, safety pins, cotton and scissors
* Adapters- round to square and square to round. Three prong type.
* Padlocks x 2 (one used to lock valuables into a trunk)
* Large lockable trunk

**TOOLS**

At Radical Challenge, we appreciate the expense of getting fully kitted out. We therefore do not expect all students to bring tools. We do however believe those with a special interest in mechanics or workshop practise should bring their own, as an investment for future application.

Tool set should include:

* Set screwdrivers,
* General purpose and needle nose pliers,
* Hammer
* Hacksaw and blades
* Vice grips
* Shifting spanner
* Set of combination spanners # 6 up to # 21
* Socket set (optional for those keen)
* Duck-tape and insulation tape

**COMPULSORY CAMPING LIST**

If you are having trouble with any of this kit please let us know so we are able to help where necessary.

* Light-weight hiking tent (1-2 man)
* Field mattress, ground mat or inflatable
* Warm sleeping bag
* Protective bag for backpack and sleeping kit during bad weatherie large ziplock bags
* Camp cooker and small pot to boil water
* Named camping crockery - mug, plate and bowl (as unbreakable as possible)
* Named camping cutlery - knife, fork and spoon
* Waterproof lighter
* Nylon rope about 5m
* Assortment of cable ties

**HIKING BACKPACKS AND CAMEL PACK**

Two packs are necessary. It is important to have the proper fit and the ratio to your size and build, compared with the size of the backpack. Back packs should not exceed 15% of your body weight when fully loaded.

* Camel pack for day use (+/- 15lb) which will be used extensively when on cross country runs, mountain bike rides and generally other outings.
* Hiking pack relative to body weight.

**MOUNTAIN BIKE AND ACCESSORIES**

For the short course, a basic entry level mountain bike will suffice, but for the longer course an upgraded, hardier bike will be necessary to endure the longer distances and tough terrain. We will send a list of recommended bikes relative to their available parts in Zim and quality level. Please let us know if you are not sure or will need assistance in either purchasing a mountain bike or other related information.

**You should be equipped with the following spares and accessories** even if you do not have your own bike. We advise conversion to tubeless tyres

* Bike helmet (compulsory)
* Mini bike pump preferably attached to you bike
* Puncture repair kit
* 2x Spare inner tubes (if you do not have tubeless tyres)
* Slime and tyre liners (if you do not have tubeless tyres)
* Multi-tool including a chain break and tyre levers
* Spare hanger for your bike
* Gloves
* GPS bike mount

**SPORTS KIT**

* Cross trainers/ Running shoes - try to get the best you can afford as you will be exercising on a regular basis. Cross-trainers are a good option, as most runs are off-road and they can double up for climbing or cycling.
* Hiking boots are NOT necessary as we prefer cross trainers for our exercises however, if you prefer hiking boots please ensure they have been bought well in advance and worn in **before**the start of the course.
* Ankle gaiters for hiking (optional)
* Tennis, squash, hockey, rugby fields, and a golf course are available, so bring your racquets, sticks and or clubs.
* You may also want to bring your pellet gun, spear gun, fishing rod and a well-stocked fishing box, as you will get the opportunity to use these.

**STATIONERY**

Examination pads, files, pens and bond paper will be available to purchase when necessary.

* A4 Exam pads with punched holes – x 1
* A4 files x 1
* A5 Page-a-day diary/ journal – x 1
* Pens (lots!), pencils, glue, stapler, punch and scissors

**RECOMMENDED REFERENCE BOOKS** (Best if on a kindle)

If you intend to pursue a career in the Wildlife or Safari Industry we strongly advise you acquire books close to or as per the following ;-

* Bird reference books ie‘Sasol’, ‘Newmans’ or ‘Roberts’.
* Mammal reference books ie ‘Field Guide to Mammals of Southern Africa’ (Chris and Tilde Stuart) or ‘Safari Companion’ (Estes) or similar.
* ‘Insects of Southern Africa’
* Preferably ‘Trees of Zimbabwe or Southern Africa’.

**INTERNATIONAL STUDENTS**

RADICAL CHALLENGE appreciate that some students will be flying into Zimbabwe from afar and it may not be convenient to transport some of the above items. We are happy to assist wherever possible if you contact us well in advance of the course.