

## TEAROUT

MYGIENE	
Toiletries	
Toilet paper	
Dishwashing liquid (biodegradable)	
Hand soap/disinfectant wipes	
Camp shower	
Water heater	
Shovel	
Towel	
Toilet/shower tent	Ц
Clothes detergent/Napisan	

Check the expiry dates of your first aid kit before heading out on your adventure

WEHICLE	
Recovery kit	
First-aid kit	
Fire extinguisher	
Fire blanket	
UHF radio	
Satphone/HF radio	
Comprehensive tool kit	
Check tyre wear	
Check spare tyre air pressure	
Tyre repair kit	
Vehicle spares	
Spare coolant/oil	
Extra fuel	- H
Replacement air, oil and fuel filters	- H
Maps, compass and GPS	
Tyre pressure gauge	2333 L
<b>CLOTHING</b>	PIE
Warm jumper	
Long-sleeve shirt	
Hat/beanie	
Long pants	
Shorts	
Boots	
Sandals	
Underwear	
Wet-weather clothing	
Sun protection (hat/sun screen)	



BASE CAMP	
Power source (generator)	
Solar panels	
Air compressor	
Camp lighting	
Torch	
Spare gas-light poles	
Insect repellant	
Axe/bush-saw	

Extra batteries Battery charger	
■ 10 ESSENTIAL TOOLS Spanner set	
Adjustable spanners	
Vice- and multi-grips	
Pliers	
Screwdriver set	
12V soldering iron	
Tyre levers	
Ball peen hammer	
Hacksaw	
Files	
■ ENOUGH TRIP SUPPLIES Water (5L per person per day)	
Food	
Fuel (calculate distance between stops)	
Fridge	
Spare fridge fuses	
Matches/lighters	
Fire lighters	
Paper (for starting fires)	Ш
OPTIONAL GEAR	
EPIRB	
Emergency flare (electronic)	
Portable welder	
Tarpaulins	
Spare glasses/contact lenses	
Bucket	
Duores	

