

Our stores, visit www.nomadtravel.co.uk/pages/stores

Nomad West London
52 Grosvenor Gardens
Victoria
SW1W 0AG
0207 823 5823

Nomad Bristol
38 Park Street
Bristol
BS1 5JG
0117 922 6567

Nomad Bishops Stortford
10-12 Potter Street
Bishops Stortford
CM23 4UL
01279 653 694

Nomad Central London
43 Bernard Street
Russell Square
WC1N 1LJ
0207 833 4114

Nomad Manchester
66-68 Bridge Street
Manchester
M3 2RJ
0161 832 2134

Nomad Southampton
6 Civic Centre Road
Southampton
SO14 7FL
02380 234 920

Nomad North London
3-4 Wellington Terrace
Turnpike Lane
N8 0PX
0208 889 7014

For help, advice and more kit lists visit our website
www.nomadtravel.co.uk

or visit one of our stores where our expert
equipment advisors can help you.

What I Need to Buy...

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TRAVEL HEALTH TIPS

- Make sure you have an insect repellent containing at least 50% DEET.
- If recommended, anti-malarials must always be taken as prescribed.
- Don't underestimate wounds and grazes, they can easily become infected. A good medical kit is essential.

Travel Health Advice Line

Call our advice line for specialist travel health advice from trained medical professionals. Calls cost 60p a minute - office hours.

0906 863 3414

Free Travel Health Booklet

Our informative travel health booklet can be downloaded for free from our website:
www.nomadtravel.co.uk/travelhealthbooklet

Start your vaccination schedule 6-8 weeks before departure, contact your nearest clinic to make an appointment.

Vaccination Appointment Schedule

1st Visit	
2nd Visit	
3rd Visit	

PREPARE!

OVERLANDER ESSENTIAL KIT LIST

WHERE: _____

WHEN: _____

THIS IS A LIST OF EVERYTHING
YOU MAY NEED TO TAKE ON AN OVERLAND TRIP

CHECK OFF WHAT YOU NEED TO TAKE
CHECK OFF WHAT YOU ALREADY HAVE

THEN USE IT WHEN YOU PACK SO YOU
DON'T FORGET ANYTHING

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Essentials	What I Need	What I Have	Packed
Knife			
Gaffa Tape			
Cord			
Washing Line			
Bath Plug			
Sewing Kit + Strong Thread			
Safety Pins			
Electric Adaptor			
Calculator			
Ear Plugs			
Books			
Pocket Dictionary			
Note Book + Pen			
Transparent Wallets			
Playing Cards / Games			
Alarm Clock			
Watch			

Carrying			
Convertible Rucksack			
Kit Bag / Holdall			
Shoulder Bag / Day Bag			
Dry Bag			
Stuff Sack			
Document Wallet			

Other			
Compass			
Maps			
Guide Books			
Camera			
Walkman (recording) / Ipod			
Film / Memory Cards			
Batteries			
Binoculars			
Sunglasses			
Swimming Goggles			
Mobile Phone / Charger			

Hygiene			
Toothpaste			
Foldup Toothbrush			
Razor + Cream			
Wash Bag			
Travel Towel			
Shower Gel			
Travel Wipes			
Toilet Paper / Tissue			
Laundry Soap			
All Purpose Soap			
Shampoo			
Hairbrush / Comb			
Condoms			
Sanitary Protection			
No Water Hand Wash			

Documents			
Passport			
Visas			
Air / Travel Tickets			
Passport Photographs			
Photocopies of Above			
Document Pouch / Wallet			
Money / Cash / Dollars			
Travellers Cheques			
Credit Card			
Travel Insurance / EHIC Card			
Driving Licence			
Vaccination Certificates			

Clothing			
Shirt Longsleeve x 2			
T Shirt x 2			
Sweatshirt			
Fleece or Insulating Layer			
Thermals			
Trousers x 2			
Shorts			
Swimwear			
Underwear x 3			
Socks x 3			
Dress / Skirt / Sarong			
Waterproofs / Poncho			
Footwear			
Sandals			
Lightweight Jumper			
Hat			
Large Cotton Scarf			
Gloves			
Sports Bra			

Health			
Insect Repellents (DEET)			
Insect Killer (Permethrin)			
Overlander Medical Kit			
Vitamins			
Malarial Tablets			
Immunisation (inc. Certs)			
Sun Screen			
Moisturising Lotion			

Light / Fire			
Torch / Headtorch			
Lighter			
Matches			
Tub Candle			

Security			
Money Trouser Belt			
Hideaway Pouch			
Padlock			

Eating			
Mess Tins			
Bowl			
Cup			
Knife/Fork/Spoon			

Water			
Water Bottle 1 Litre			
Water Bottle 2 Litre			
Water Purification Chemicals			
Water Purification Pump			

Sleeping			
Sleeping Bag			
Sleeping Bag Liner			
Tropical Quilt			
Pillow / Pillow Case			
Neck Cushion (Inflatable)			
Sleep Mat (Foam)			
Self Inflate Sleep Mat			
Ground Sheet / Poncho			
Mosquito Net + Treatment			

Check the highlighted items against the notes below for extra information.

Kit Bag / Holdall
If you don't intend to travel on then a sturdy holdall/kit bag is ideal getting in an out of the hold on truck based trips.

Shoulder Bag / Day Sack
Trekking trips will be enhanced if a good day sack is used. Shoulder bags are handy for keeping with you in the truck.

Eating
Overland tour vehicles generally carry eating and drinking utensils, but check first.

Thermals
Important for any trip into high altitude. Useful for those who feel the cold in areas where evening temperatures can plummet, such as the desert.

Walking Boots
Usually sturdy shoes will suffice. Those doing trekking should consider mid or high leg boots.

Gloves
Work gloves for working around camp, collecting wood and jungle trekking. Thermal gloves for altitude.

Sports Bra
A Sports Bra will give added comfort when travelling in the truck over rough terrain. It gets bumpy sometimes.

Water Bottles
Overlander trucks usually have large water tanks so a 1ltr bottle will suffice but for trekking it is necessary to carry at least 2 Litres. A 2 litre bladder or 2 x 1 Litre bottles should be considered.

Sleeping Bag
Probably the most difficult item to get right, especially for multi destination trips. Going from high altitude to hot plains or desert where evening temperatures can plummet is a challenge. If you feel the cold cater for the coldest, carry a sheet liner for hot environments, otherwise versatility and layering is the key. Consider a 1 – 2 season sleeping bag + a tropical quilt + thermal baselayer + fleece or insulated mid layer.

Tropical Quilt
A versatile alternative to a sleeping bag. Particularly suited to Overlanding. This sleeping bag can be worn as a poncho, great for duvet days travelling on the truck, or sitting around the camp at night.

Self Inflating Mats
Mats are very important for ground insulation and comfort, ordinary camping mats are fine but bulky (not an issue on the truck as there is plenty of storage space). Self inflating mats are by far the more comfortable and pack down small, a repair kit is essential – they are easily punctured, especially in some areas of Africa where glass-like sand and thorns are prevalent.

Mosquito Nets
Not necessary for truck based trips as tents are supplied but very useful for sleeping under the stars and when away from the truck.

This check list is for those travelling on an organised trip with an overland company. For those choosing to travel independently with or without a vehicle please contact 0845 260 0044 for equipment and medical advice.