



PANAMA COAST TO COAST: MANDATORY KIT LIST

Note: All items are mandatory, unless it says recommended, where they are, well, recommended!

Road Run phase: to wear

- Cap/hat with neck protection
- Sunglasses – Cat 3 or better
- Buff, neck gaiter, Rat Rag or similar – you will receive a Panama C2C one at reg!.
- Suncream suitable for use in sport.
- Lip balm with SPF
- T-shirt – ideally long-sleeved and with some element of UV/SPF protection built in
- Shorts
- Lightweight waterproof jacket
- Socks and at least 1 spare set
- Running shoes
- Running tights – (Recommended, not mandatory)

General Equipment

- Poles (Recommended for the running, Mandatory for the jungle phase)
- Daypack
- Waterproof liner or drybag for protecting items in backpack
- Water carrying system 2 litre minimum
- Head torch
- Spare batteries
- Portable charger for phone with a suitable cable
- GPS device watch – you will also be issued with a Garmin 66i handheld device (Provided) and must carry with you as it doubles as a tracker.
- Compass
- Small Mirror
- Whistle
- Pen knife or multitool
- Gaffer tape or electrical tape
- Extra food for run days 400kcal rations (4 gels or similar energy bars)
- Salt tablets or Sticks and/or electrolytes

Jungle Phase: to wear

- Jungle boots
- Insect repellent/DEET 50% +
- Fleece or synthetic jacket
- Hat
- Loose long sleeve Shirt x 2 (Must be treated with Permethrin – see note below)
- Long Trousers (Must be treated with Permethrin – see note below)

- Socks per day
- Thick or snake-proof gaiters
- Underwear
- Ultralight rain shell or poncho

Camp and Night-Time Kit

- Jungle Hammock (must be treated with Permethrin – see note below)
- Hammock Hex Tarp
- Sleeping pad or underquilt
- Sleeping bag or topquilt
- Camp shorts or light trousers
- Camp towel/ sarong
- Sandals, crocs or suitable camp footwear
- Paracord 4 to 6 segments, each 1.5 m long
- Sleep clothes

Jungle Equipment

- Backpack 50 – 70L
- Personal stove – must be able to burn alcohol
- Bottle for stove fuel
- Eating utensils/spork
- Backpack waterproof liner and or cover.
- Waterproof phone case
- Carabiner
- Dry bags
- Plastic zip-top sandwich bags
- Ear plugs
- Pen knife / Swiss Army knife or multitool
- Money in small bills
- Plastic or metal bowl and cup
- Lighter
- Toilet paper
- Spork or eating utensil
- Trekking poles
- Water bladder 2-3L (Minimum capacity 2 litres across carrying vessels)
- Water filtration system
- Water mouthpiece cap (if using a hydration bladder)
- Water bottle (500 ml/ 750ml/ 1000ml – optional).

You may choose how you carry your water and are permitted to use any system – bottles, bladder or a mixture, provided you can carry a minimum of 2 litres at all times. Our recommendation is a 2 litre bladder and a 500/ 750/ 1000ml bottle is the optimal combination.

Snacks and Meals

- Snacks as advised
- Exped Meals as advised

Other Mandatory Kit

- Passport
- Toothpaste & brush
- Personal toiletries inc wet wipes
- Holdall or duffel (separate from your jungle rucksack) – This will become your transition bag, accessible after the jungle stage and before the river stage
- Casual clothing for transit/overnights/celebratory meal
- Mobile phone – International roaming to be enabled if in an emergency
- Small drybag/s for electronics

Medical kit: mandatory

- Pad and bandage style dressing (large)
- Adhesive dressing – 1x medium and 1 x large
- 1 x conforming bandage
- Dioralyte sachets x 5
- Basic pain relief (Paracetamol)
- Any personal medications
- Over the counter antihistamine tablets
- Savlon tube
- Hand sanitiser
- Insect repellent
- After-bite cream

Blister Kit – Mandatory:

- Zinc Oxide tape (Recommended brands: Rock tape or Tiger Tan tape)
- 4 x sterile needles
- 4 x scalpel blades
- Small pair of scissors
- Gauze swabs (2 x packs of 5 swabs – used for drying/cleaning before applying tape)

Medical Kit: Recommended

- Triangular bandage
- Plasters
- Sudocrem/Vaseline for chaffing

Blister Kit - Recommended

- Compeed
- Haplaband tape (if you are prone to getting blisters in-between toes this is recommended)
- Disinfectant solution
- Foot lube (water based)
- Rubbing alcohol (used for drying feet and help prevent fungal infections)

All medical kit should be stored in a dry bag.

Other recommended kit and optional items – not mandatory:

- Camera
- Any additional clothing
- Robust outdoor footwear – not used for running or trekking
- Reading material
- International plug adaptor
- Rubber bands
- Sewing / Repair kit
- Tupperware container
- Water purifying tablets
- Waterproof wallet
- Zip ties– great for many makeshift fixes
- Lip balm
- Hand cream

NOTE ON CLOTHING AND HAMMOCK – PERMETHRIN

Your clothing and hammock should be treated with permethrin, which is different to insect repellent. You can purchase it and apply it to clothing, or you can buy pre-impregnated garments. It is important that you do this before travel to Panama.