

BG Energy Challenge - Egypt

Day Pack	✓	Hotel Bag	✓
Backpack		Proper hiking shoes ** (<i>preferably above ankle</i>)	
Extra batteries		Socks (<i>recommended 2 for each day</i>)	
First Aid Kit (<i>one per team</i>) **		Hiking pants / shorts (<i>no jeans</i>)	
Water (<i>will be provided by organizers</i>)		Hat (<i>wool</i>)	
Hat ** (<i>wide rim for sun</i>) scarf (<i>to cover back of neck</i>)		Layers (<i>silk and wool best to keep you warm and absorb the moisture</i>)	
Lightweight jacket **		Wind-breaker (<i>optional</i>)	
Flashlight (torch) **		Change of Clothes	
Light snacks (<i>trail mix, nuts, fruits</i>)		Pyjamas	
Hydrating drinks / powder (<i>optional</i>)		Regular shoes/sandals/or flippers	
Compass / GPS (<i>optional, if you know how to use one</i>)		Toiletries	
Hiking sticks (<i>if possible</i>)		Insect repellent	
Sun cream		Personal medication	
Camera			
Sunglasses			

**** Mandatory items per participant. Participants will not be allowed to hike without those items.**

As you prepare for the challenge, pack as if you will be carrying all the bags yourself.

The lighter, the better!