



Sumatra Jungle Trek and Tiger Conservation Project

4–13 November 2023

EVE_7546

Trip Dossier & Kit List

**For more information contact Evie Barrett at
events@cats.org.uk or call 01825 741 960**

Cats Protection, National Cat Centre, Lewes Road, Chelwood Gate, Haywards Heath, RH17 7TT
Registered Charity No. 203644 (England and Wales) and SC037711 (Scotland)



Cats Protection (Registered Charity no. 203644 (England and Wales and SC037711 (Scotland))) is acting as an agent for The Different Travel Company 6706. The flight-inclusive trip in this brochure is financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to: www.caa.co.uk.



Sumatra Jungle Trek & Tiger Conservation Project

4 - 13 November 2023



Trip Overview

Trek Overview

This four-day trek gives you an insight into Sumatra's natural beauty and biological diversity as well as a great opportunity to push yourself out of your comfort zone.

This trek requires stamina, a good level of fitness, a positive mental attitude and bucketloads of determination as you will be trekking on steep and uneven terrain through hot and humid primary jungle and stay in basic campsites well off the beaten track.

Along the way you'll learn traditional jungle survival skills such as identifying edible fruits and plants as you gain a deeper understanding about the complex ecosystem and how the local communities thrive here.

If you're lucky you may encounter some of the local wildlife such as orangutan, gibbons, hornbills, pig tail macaques, Thomas leaf monkeys and lizards. Although more than 100 tigers live in the area it is extremely unlikely that we will spot any in the wild. You will however attend a talk by a local tiger conservation expert and learn about conservation and anti-poaching efforts in the region. On the final day there will be a chance to visit a local animal rescue centre.

Sumatra

The third largest island of Indonesia, Sumatra is known for its rugged terrain, unique wildlife and volcanoes. It is the sixth largest island in the Indian ocean and can be found west of Java and south of the Malay peninsula, separated by the narrow Strait of Malacca.

Medan is the island's largest city and the gateway into northern Sumatra where we will be trekking. Famous for its wide range of plant and animal species the region has lost almost 50% of its tropical rainforests in the last 35 years and many of its species are now critically endangered, including but not limited to the Sumatran tiger, elephant, rhinoceros, orangutan and ground cuckoo.

Gunung Leuser National Park

Our trek will be based within the Gunung Leuser National Park, a UNESCO World Heritage Site and an area of incredible natural beauty and diversity.

The park covers almost 8,000 km² in the north and straddles the border of North Sumatra provinces. The park is named after Mount Leuser and is nestled by the Barisan mountain range. It is also home to the small village of Bukit Lawang.





What is the experience like?

How tough is it?

This tour is classified as '*challenging*' for someone already at a good general level of fitness, due to the hot, wet and humid climate, carrying your own backpack each day (your backpack could weigh 6-7kg), the hilly, uneven and rough jungle terrain and basic accommodation and bathroom facilities.

How fit do I need to be?

You must arrive in Sumatra fit and prepared for this challenge. You should start training at least 6 months before departure to ensure the best chance of success and enjoyment on the challenge. Hill walking while carrying a heavy backpack should form a major part of your training as this will most closely replicate the actual trek and is the best way to prepare your body for the numerous ascents and descents involved.

Increasing your cardiovascular endurance, core strength and leg strength will also benefit you greatly so resistance workouts should be added to your training regime in addition to plenty of hill walking. You can download a number of free apps which will help you train and track your progress. E.g. MapMyWalk, couch to 5k, MyFitnessPal etc. If you attempt to complete the challenge without training it will make the trek unnecessarily difficult and may be detrimental to your experience, and the experience of your team mates.

What is the climate like?

The climate in Sumatra is hot, humid and wet all year round. It cannot be stressed enough that the distinction between 'wet' and 'dry' seasons is not marked, and while weather patterns and rainfall is unpredictable it will generally be hot and wet for most of the trip. October is the wettest month, but November historically sees approx. 136.7mm rainfall per day and you are likely to experience short sharp showers throughout the day, often in the middle of the afternoon. Temperatures historically reach up to 30°C during the day and drop to around 23°C at night although it may feel cooler at higher altitudes. The humidity is high, usually at least 83% every day.

Please note: the temperatures and conditions given here are *historically accurate* but climate change can impact the seasons so you may experience uncharacteristic conditions during the trip which are out of our control. Should this happen the guide will assess the situation and make decisions to ensure the best enjoyment and ultimately safety of the group as a whole.

What is the terrain like?

The terrain varies greatly on this trek, from overgrown jungle paths to good open tracks and smaller paths. You can expect uneven and often slippery ground underfoot. There will be a number of steep ascents and long descents so you must arrive in Sumatra fit and prepared. You must be prepared to climb over overgrown vegetation, tree roots and other jungle obstacles. The paths can be muddy and slippery after rain. This trek is not easy.

Where will we sleep?

During the trek you will spend each night camping in jungle clearings set up as temporary camps. In the jungle camps you will sleep in tents (two sharing a three-man tent). You need to bring a lightweight sleeping bag, sleeping bag liner (cotton or silk) and a mosquito net.

What about bathroom facilities?

There are no showers so you should bring a pack of baby wipes for general hygiene. It may be possible to bathe in some of the streams near camp; if you do this you must use natural, bio-degradable products which will not contaminate the water (products from Lush.co.uk are great for this).

Basic toilets are available at camp, as is cold running water for washing. If you need to use the toilet during the trek day you must inform the guides you are stopping and find a private area off the trail. You must never leave used toilet paper on the ground; this must be packed up into a nappy bag or sanitary disposal bag and carried to camp.

What is the food like?

Sumatran food is traditionally very spicy with lots of chilli, lemon grass, ginger, garlic and coriander. The spiciest food tends to be from Padang in West Sumatra.

Meals are cooked by your trek team and will comprise of various simple local dishes served with rice or noodles. Plates, mugs, cutlery and other equipment are provided for you and dietary requirements can be catered for if we are notified in advance.

Practical information

Who accompanies us?

You will be accompanied by first aid trained English-speaking guides who have an excellent knowledge of hiking, culture and nature in the region. You will also be accompanied by a team of local support staff, a Different Travel Company UK tour manager and Cats Protection representative.

Who can take part?

The trek can be undertaken by anyone with a good level of fitness, who is healthy and determined. Adequate preparation, planning and training is important because the fitter you are the more you will enjoy this experience. An ideal candidate would be a hill walker, an open-minded person with a sense of adventure or someone who would like to take part in a life-changing fundraising experience in the beautiful landscape.

Is there an age limit?

You must be at least 18 years old to participate on this trek unaccompanied. It may be possible for you to participate if you are 16 or 17 years old, but you must be accompanied by a parent or guardian. There is no upper age limit.



Medical declaration

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues must be specified. All your medical details are treated in the strictest confidence.

The information will be securely screened by a qualified medical professional, and details provided to your tour manager and local guides so our staff are adequately informed and prepared to support you during the trip. By completing this booking form you are giving consent for us to contact you confidentially with any follow up questions regarding your health.

If you declare any medical conditions you may be asked to provide more information, or we may request to contact your GP.

In the event that your medical issues at the time of booking represent a concern for your safety and wellbeing, or the safety and wellbeing of others in the group, you may be recommended not to take part. If this happens your booking will not be confirmed and the deposit will be refunded.

We must be informed if any conditions or medication change, or if new conditions develop. If necessary confirmation of fitness to travel from your GP or specialist may be required.

Please note that we will never unreasonably deny participation on a trip nor contravene the Equality Act 2010.

Covid-19

Your health and safety is our top priority so rest assured that we are taking steps to ensure you not only have a memorable experience, but a safe one too.

We constantly monitor and follow the advice of the British Foreign, Commonwealth and Development Office (FCDO) who provide recommendations and advice to British travellers about travel to a certain destination.

Health and safety is our top priority so we will **NEVER** operate a trip in an area where there is clear and present risk to our team members, whether that is due to a health outbreak, political instability, natural disasters or anything else.

We are optimistic that this trip will operate as scheduled, however if travel restrictions either in the UK or Indonesia prevent safe travel we will look to either postpone or cancel your trip at no cost to you.

We will be reviewing each trip eight weeks before departure, and if, at that stage Indonesia is either on the UK Government's 'red' list or the country is not allowing UK citizens to enter without quarantine, then we will look to either postpone or cancel the trip.

Please note that at the time of travel there may be enhanced safety and security measures in airports, bag drop may take longer, and you may need to provide a certificate of health or proof of vaccination.

We are closely monitoring the situation and will inform you about any information pertinent to your travel arrangements.

If you have any questions or concerns, please contact us on info@different-travel.com.



Sumatra Jungle Trek & Tiger Conservation Project

What does it cost?

To sign up you will pay a non-refundable, non-transferrable registration fee of **£330**. This may be paid in up to three instalments.

Once your place is confirmed you can start your fundraising which is a minimum target of **£3,500** for Cats Protection. A flexi pay and self-funded option is also available upon request. The £330 registration fee is totally separate from, and in addition to, fundraising targets or self-funded balance payments.

A total of £2,800 (80%) must be raised by Friday, 11 August 2023. The remaining £700 can be raised up to three months after you return from the trip.

The Events team at Cats Protection will help you every step of the way to reach, and most likely exceed, this target.

What is included?

- ✓ Return flights from London
- ✓ Transfers and transport in Indonesia
- ✓ Accommodation in hotels in Medan (2 nights), campsites during the trek (3 nights) and basic guesthouse in Bukit Lawang (2 nights)
- ✓ All meals as specified
- ✓ Local English-speaking guides, porters and support crew
- ✓ Trek permits
- ✓ Talk by local conservation expert
- ✓ Different Travel UK tour manager.

What is excluded?

- ✗ Airport taxes and fuel surcharges (currently approx. £325)
- ✗ Visas (if required)
- ✗ Transport to/from UK airport
- ✗ Travel insurance
- ✗ Tips (£40-45pp)
- ✗ Personal expenses (eg drinks, souvenirs etc.)
- ✗ Vaccinations
- ✗ Personal trekking kit



Itinerary

Day 1 (Saturday 4 November 2023): London - Medan

Fly to Medan on indirect overnight flights, arriving the next day.

Day 2 (Sunday 5 November 2023): Medan

Upon arriving in Medan you will transfer to the hotel and, depending on flight times, you will have the rest of the day to explore at your leisure. We will gather for a welcome dinner and briefing about the days ahead.

Overnight: Hotel



Day 3 (Monday 6 November 2023): Medan – Bukit Lawang – Gunung Leuser National Park

After an early breakfast we take the scenic drive to Bukit Lawang (approx. 4 hours) where we will stop for lunch. This afternoon we cross the river and start our trek up into the hills of the Gunung Leuser National Park. We will set up camp close to the river.

Trekking: Approx. 4 - 5 hours

Overnight: Camping



Day 4 (Tuesday 7 November 2023): Gunung Leuser National Park

Over the next few days we will trek into the dense jungles of the national park, a UNESCO world heritage site, and experience the unique sights and sounds of the rainforest. It is hoped that you will encounter a wide range of wildlife over the next few days including orangutan, gibbons, hornbills, pig tail macaques, Thomas leaf monkeys and lizards. More than 100 tigers live in the area, but it is extremely unlikely that we will spot any. Though our expert guides will be keeping an eye out for pug marks and other evidence that they are living in the area.

Trekking: Approx. 5 – 6 hours

Overnight: Camping



Day 5 (Wednesday 8 November 2023): Gunung Leuser National Park

Today we leave the area frequented by the day trekkers and make our way deeper into the jungle. You will get a greater understanding of the ecosystem of this unique island as our guides share their survival skills. They will point out the native plants and explain how they are used in traditional food and medicine and demonstrate how there are used for making tools and building materials.

Trekking: Approx. 5 – 6 hours

Overnight: Camping



Day 6 (Thursday 9 November 2023) Gunung Leuser National Park – Bukit Lawang

It's the last day of trekking today as we make our way through the jungle in the morning. After lunch we make our way back to Bukit Lawang - by river tubing down the Bohorok River. This is an exhilarating and amazing experience but there is an option to walk if you prefer.

Trekking: Approx. 4 – 5 hours

Overnight: Guesthouse



Day 7 (Friday 10 November 2023): Bukit Lawang

Today is a free day to relax and enjoy the peaceful riverside surroundings of Bukit Lawang. You can take part in a range of optional excursions – including another chance to see orangutans. This afternoon a local tiger conservation expert will talk to you about the history of the Sumatran tiger and the efforts being made to ensure its future on the island.

Overnight: Guesthouse

Day 8 (Saturday 11 November 2023): Bukit Lawang – Medan

We head back to Medan today and will spend some time visiting a local animal rescue centre before a celebratory farewell dinner.

Overnight: Hotel

Day 9 (Sunday 12 November 2023): Medan - UK

We will transfer to the airport for our return over-night flight back to the UK. We will arrive back on Monday 13 November 2023.

N.B. This itinerary may change due to unusual weather, the ability of the group, wildlife movements and so on. We will do our best to keep to the itinerary but we cannot be held responsible for changes that occur outside of our control. In all circumstances your guide and tour leader will have the final say in the interest of the group's health and safety.

Before You Go!

Important information to help you prepare for your trip

Country tips and practicalities
Trek knowledge
Drink and hydration
Food
Kit tips

Luggage
Sleeping accessories
Culture and responsible travel
Fitness, health and safety
Kit list

Country tips and practicalities

Visas

British citizens do not currently require a visa to enter Indonesia for visits of up to 30 days. Your passport should be valid for 6 months from the date of entry. Passport holders of other nationalities are recommended to check with the Indonesian Embassy for advice.

Travel insurance

The Different Travel Company will do everything possible to ensure a safe and enjoyable trip however unexpected things can occur such as delays, medical problems, baggage loss, cancellation by you etc. The purchase of travel insurance is mandatory; you are advised to organise it at the time of booking to ensure you are covered immediately. Different Travel is an authorised introducer for Campbell Irvine Direct insurance policies. You can find out more here: www.campbellirvinedirect.com/differenttravel. Please note: most travel insurance policies protect you before departure too so it is advised to buy insurance as close to booking as possible as it may protect you against the loss of your non-refundable, non-transferable registration fee if you cancel due to injury, illness etc.

Phone and Wi-Fi access

The most popular service providers in Sumatra are Telkomsel, EX Axiata, Indosat, Axis, Telkon Indonesia, 3 and Smartfren Telecom. Telkomsel has the best reputation and coverage is widespread but your access to phone reception will vary depending on your home network, roaming capabilities, contract type and mobile handset. In general most people should have reception while in the cities and possibly along some of the trek route. Wi-Fi is available in hotels (although it may be very slow and unreliable). Please contact your phone provider to find out details about costs and remember to turn off data roaming on your phone to avoid incurring high data charges.

Electricity

Electricity is 230V and the plug sockets in the hotels are either two round pins or two round pins with two earth clips on the side. There is no access to electricity during the trek so if access to electricity is important to you, you are advised to bring a portable power pack (power bank or battery pack) which when fully charged allows you multiple charges of USB-powered devices such as phones. You should buy a power pack with a minimum capacity of 15,000mAh and these are widely available online.

Money

The currency of Sumatra is the Indonesian rupiah and it is among the weakest circulating currency in the world. At the time of writing there were 19,122 rupiah to the pound. You will need to bring money for tips (approx. £30-35), drinks and souvenirs; around £150 should suffice depending on how much you wish to buy.



Sumatra Jungle Trek & Tiger Conservation Project

Reg Charity
203644 (England and Wales)
SC037711 (Scotland)

Accessing cash

You can purchase rupiah in advance from UK bureau de changes but the rate of exchange is very poor, so this is not recommended. There are many ATMs at the airport and in Medan if you wish to withdraw cash. Some banks block overseas transactions so inform your bank before departure and check if they charge for overseas withdrawals and transactions before travel. There is no access to ATMs while trekking so you must bring enough cash with you for the trek and Bukit Lawang.

If you prefer to exchange cash locally you are recommended to take pounds sterling and change it to rupiah. Do not bring Scottish or Channel Islands notes as these will be rejected by local bureau de changes.

Tipping

Giving a tip to the local guides and support staff is appreciated at the end of the trek. Around £40-45pp is a guideline but please consult with your tour manager and discuss with your group to decide on an appropriate amount.

Photocopies

Remember to photocopy of all your documents (insurance details, passport, credit/debit cards etc.) and take a copy with you during the trip, stored separately from the original copies. You should also scan and email these documents to yourself and leave a copy with a trusted family member or friend. If you lose any of your documents you will then have access to a copy with you and online. You may also wish to upload your documents to cloud storage such as Dropbox or Google Drive.

Photography

When taking photographs of the local people, it is polite to ask their permission. Taking a photograph of someone without their permission – especially in rural areas can cause offence. In contrast, taking photographs of someone you have become friendly with is usually very welcome.

Religion

Indonesia has a Muslim-majority population with almost 90 % of people in Sumatra following Islam. Of the remaining less than 10% are Christian with some Buddhists, Hindus and those who follow traditional Chinese beliefs.

Language

There are over 52 languages spoken in Sumatra though Bahasa Indonesian is the official language on the island. Sumatra has its own local dialects including Medan Malay which is popular in the north where you will be travelling.

Some useful phrases in Bahasa Indonesian are as follows:

Selamat pagi	Good morning	Satu	1
Selamat tinggal	Goodbye (if you are leaving)	Dua	2
Selamat jalan	Goodbye (if you are staying)	Tiga	3
Ya	Yes	Empat	4
Tidak	No	Lima	5
Terima Kasih	Thank you	Enam	6
Sama-Sama	You're welcome	Tujuh	7
Ma'af	I'm sorry	Lapan	8
Berapa	How much?	Sembilan	9
harganya?	How are you?	Sepuluh	10
Apa kabar?			

Trip knowledge

Accommodation

You will stay in hotels in twin share rooms with en-suite facilities while in Medan and a basic guesthouse in Bukit Lawang.

During the trek you will be camping in jungle clearings and beside the river in three-man tents (shared by two people). You need to bring your own lightweight sleeping bag, sleeping bag liner (cotton or silk) and mosquito net. A sleeping mat is provided. Cutlery and crockery are provided for meals.

Hygiene and toilets

Squat toilets are the norm in Indonesia.

You must bring your own toilet paper and take care not to flush the paper but to use the wastebbin provided.

At the hotels you will have en-suite bathrooms with Western-style flushing toilets and hot showers.

During the trek there will be cold running water at camp, and it may be possible to bathe in the streams nearby but this should not be relied upon. If you do have the opportunity to bathe in streams you must only use natural or biodegradable soap to avoid contaminating the water. Lush products (www.lush.co.uk) are particularly good. You are advised to bring a small pack of baby wipes to freshen up each day, particularly to clean your hands before meals.

You will need to bring your own towel. Trek towels are highly absorbent but lightweight and fast drying; do not bring cotton towels.

There toilets at camp are very basic and will involve a hole in the ground and a privacy tent. If you need to use the toilet during the trek day, please inform your guide who will help you find a safe place off the trail. It's essential that you place all used toilet paper into a nappy bag and carry it to camp where it will be disposed of properly.

Fitness

This trip is graded challenging for someone with a good level of fitness. It is physically demanding, and you must take your training and preparation seriously so you can cope with the various demands of the trek, including the tough terrain, high temperatures and high humidity. You should start a training programme at least 9 months before your departure including hill walking while carrying a heavy backpack, general cardio workouts, and exercise to strengthen your legs and core. If you are unfit at the time of booking you should consider starting training 12 months before departure. By the time of departure you should feel confident in your ability to walk up and down steep gradients for many hours per day on consecutive days. It is recommended that you train wearing the same boots and rucksack that you will be trekking with. The Different Travel Company has the right to refuse anyone who they feel is not fit enough for the challenge for the health and safety of the individual, and the group. You can download a number of free apps to help you train and track your progress.

Water and keeping hydrated

Water

Tap water in Indonesia is not safe to drink. Boiled water will be used for cooking and provided for you to drink during the trek. It is strongly recommended that you bring water purification tablets with you. A highly recommended method purification is 'Biox Aqua' tablets which contains chlorine dioxide (other brands are available). This blend of chemicals kills 99.9% of all known bacteria plus cysts such as cryptosporidium and giardia and doesn't leave water tasting of chemicals. You must not brush your teeth or rinse your mouth or drink the tap water, only use bottled or purified water. Bottled water is widely available in Medan.

Keeping hydrated

Electrolyte tablets (e.g. Nuun, High5, PowerBar etc.) are flavoured effervescent tablets which contain salts, sugars and minerals which are naturally lost from your body when you sweat. By adding these tablets to your water it not only offers flavour to your water but it can help prevent dehydration before it begins. Electrolyte tablets are widely available in outdoors stores and online for around £8 for 12 tablets.

You may also wish to bring a small supply of rehydration salts (e.g. Dioralyte) with you which treat dehydration. You can buy these from pharmacies in different flavours and you simply add the powder to the quantity of water mentioned on the packet.

Water Bottle

You will need to bring your own bottles to carry at least three litres of water per day. Some people will bring a 2-3 litre CamelBak hydration system (for effortless access to water while you trek) plus a 1-litre water bottle (metal Sigg or plastic Nalgene). Some people prefer to bring three 1-litre bottles. The choice is yours. If you're bringing a CamelBak hydration system, a separate 1-litre bottle is essential as it can be used as a backup if your hydration system fails.

Food

Food

Sumatran food is traditionally very spicy with lots of chilli and other flavours typical of Asian countries. Both rice and noodles are staple foods across Indonesia. The food during the trek is basic and may be repeated. Typical dishes include:

Breakfast: Bread, butter, jam, eggs, fried noodles, oatmeal, tea and coffee.

Lunch: Sandwiches, fried noodles, boiled eggs, boiled potatoes, biscuits, fresh fruit.

Snacks: Biscuits, boiled corn, sweet potatoes, fruit, banana fritters.

Dinner: soup, fish or chicken, sardines or canned meat, eggs, seasonal vegetables, fruits and coffee and tea.

Dietary Requirements

Please ensure that you notify us of any dietary requirements at the time of booking. Dietary requests may not be possible to cater for without advance arrangement. The majority of special diets, such as vegetarian, vegan, gluten-free, etc., can be catered for but please note that we cannot guarantee that food preparation will have taken place in a contamination free environment. If you require special meals for the flights you are advised to bring a small selection of snacks in case the meal provided is not to your taste.

Snacks

You are recommended to bring a selection of high energy snacks for the trek for energy and a pick-me-up. Please bring a variety of snacks you have tried before and really enjoy so it will be appetising to you. Most people bring sweets, individually wrapped cake bars, nuts, protein bars and dried fruit but don't forget to bring savoury snacks for when these become too sickly. Great savoury snacks include salted nuts, individually wrapped cheese, Peperami, Cheddar biscuits or salted crackers.

Kit tips

Discount

When you book you will receive a 12.5% Cotswold Outdoor discount voucher, a 10% Nomad Travel discount voucher for use at their travel clinics and a 10% discount at Little Footprints Gifts for their natural toiletries.

Clothing

Sumatra is mainly Muslim nation so your clothing choices should be influenced by this. We recommend that you pay attention to what you wear to avoid causing offence or encouraging unwanted attention. Long length lightweight clothing, such as lightweight shirts/t-shirts and linen trousers or long skirts are ideal for non-trek days as it is conservative, protects your skin from the sun and also helps protect against mosquito bites.

Clothing for the trek

You are recommended to invest in good quality, lightweight non-cotton trekking gear which is suitable for the climate and to minimise your contact with biting insects, foliage and leeches. A long-sleeved trekking shirt and convertible/zip-off trekking trousers is ideal. Your clothes should be made of technical fabrics designed to wick sweat away from your body which subsequently keep clothes dry and smelling fresh for days so you don't have to pack (or carry) as much. Nylon, polyester, polypropylene and bamboo fabrics are all effective technical fabrics. **Never bring cotton clothing to trek in.** Sweat is absorbed by cotton fibres (rather than forced to evaporate as with technical fabrics), leaving clothes damp and smelly. Check the garment label to ensure the clothes contain 0% cotton. Most people will trek in the same outfit for the duration of the trip and have one spare full outfit carried in a waterproof dry bag, just in case.

Waterproofs

Rainfall is a certainty during this trip so you must bring waterproofs that are reliable. A large poncho is ideal and is more comfortable than waterproof trousers and jacket in the high temperatures.

Footwear

You need to wear hiking boots during the trek; walking trainers are unsuitable. It is important that your boots are waterproof (e.g. Gore-Tex or eVent), have good ankle support and a good quality sole (e.g. Vibram). You are recommended to try on lots of pairs at a specialist outdoors store such as Cotswold where the staff can advise you on the correct boot and fit for you. Do not leave it to the last minute to purchase hiking boots as you need time to break them in. You should wear your boots on the plane, or carry them in your hand baggage, in case there are problems or delays with your luggage.

Leech socks

It is suggested you have a pair of leech socks, preferably some which are impregnated with DEET or Permethrin. You can buy leech socks from outdoors stores and online.

Socks

It is important that the socks you choose are high quality, non-cotton and will not slip down in your boots which causes blisters. Never wear cotton socks which absorb sweat making them damp and more likely to rub against your feet, causing blisters. Socks containing Coolmax (a brand of polyester) or nylon have wicking properties which means that it pulls sweat away from the skin for it to evaporate. Good brands to consider include Bridgedale, Smartwool and Brasher.

Cobber

A highly recommended item for the trek is a body cooling 'Cobber' neck wrap. When this neck wrap is submerged in water for 30 minutes the poly-crystals swell and turn cold. You wrap it around your neck to cool your carotid arteries and keep your body temperature down. One 30-minute submersion in water keeps the crystals cool and moist for 3 days before they start to dry out – perfect for your time in the jungle! You can read more about it here: <http://www.cobbercooler.com> and they are available to buy online.

Head Torch

This is a vital piece of kit. Petzl is one brand which makes good quality headlamps but there are many head torches available from other companies. Please ensure you take an LED torch as ones with bulbs are not bright enough. Bring your head torch with fresh batteries inside it and take a full set of spare batteries. Do not bring a wind-up head torch as these are unreliable.

Hiking Poles

Hiking poles can be very useful on steep ascents and descents, particularly when carrying a heavy pack on uneven terrain. Poles are also very useful for stability when making river crossings or on slippery terrain. They are not mandatory but are recommended. You should use them on your training walks to familiarise yourself on how to use them.

Luggage

You will need the following four luggage items:

1. A small daypack

You are responsible for carrying your own daypack containing essentials for each day. We recommend you bring a 25-30 litre rucksack which **must** have a hip belt and a chest strap. High quality brands to consider when looking for a suitable pack include Osprey, Berghaus and Lowe Alpine (amongst others) and you are strongly advised to visit a reputable store like Cotswold to have your backpack fitted, as they come in a variety of sizes, and some brands offer male and female specific fits. You can expect to carry your personal first aid kit, warm layer, sun cream, packed lunch, three litres of water, snacks, waterproofs, toilet paper, wet wipes and camera. It could weigh 6-8kg when packed, so you should make your backpack selection carefully and ensure it fits correctly and is comfortable. You will not have access to your main luggage while trekking.

2. A dry bag/rucksack liner

You are advised to use a lightweight waterproof rucksack liner or dry bag (e.g. Exped dry bag) inside your daypack to keep your belongings dry in rainy conditions. It should be large enough to fit inside your entire backpack. Rucksack covers alone are ineffective at keeping your kit dry in wet conditions and can often get caught up or damaged on foliage.

3. A soft-sided kit bag or large rucksack

This is to hold your trek luggage which will be carried by porters to each camp. It will contain the items you need for the evenings and mornings (e.g. toiletries, change of clothes, sleeping bag etc.). The weight limit is strictly **6kg** for this bag due to both porter welfare regulations. The kit bag must be strong, light and waterproof. Some *examples* of kit bags include: Mountain Equipment wet and dry bag, North Face Base Camp duffle bag, Rab Expedition kit bag, but there are many brands and models available in outdoors stores for various prices. A large rucksack with your gear packed inside a lightweight waterproof rucksack liner is suitable too. The capacity of your kitbag should be around 70-80 litres but as long as all your gear fits and is within the weight limit it doesn't matter if the size differs. **Do not** bring a solid suitcase or holdall with wheels as this is not suitable for the trek. If you wish you can use this bag to hold your checked luggage for the international flight; just ensure you bring a small separate bag you can store items in not required for the trek at the hotel while you're trekking.

4. A suitcase (optional)

For the international flights, you may be more comfortable packing all your items (including your empty trek kit bag) into a suitcase. This is entirely your choice. If you bring a suitcase, it will be stored at the hotel along with anything not required for the trek (e.g. toiletries, travel clothes, books etc.).

5. Combination padlocks which should be used to secure your bags during your flights and also to keep zips secure on your kitbag during the trek while being carried by porters, so zips don't come open in transit and your items fall out.

Sleeping accessories

Mosquito net

A mosquito net is not provided and you must bring your own. A suggested net is the Lifesystems Box Mosquito Net which is anti-mosquito treated and has 4 hanging points so no matter where you are sleeping you will be able to hang the net safely. You are recommended to bring a length of paracord and some gaffer tape just in case you need this to repair the net or help hang it.

Sleeping bag

You should bring a lightweight sleeping bag for the trek. Night time temperatures may feel cool compared to the day. Please visit your local outdoor equipment supplier for advice on a suitable sleeping bag for jungle conditions.

Sleeping bag manufacturer Snuggpak make a range of synthetic sleeping bags intended for jungle use. Please visit their website for details: <http://www.snuggpak.com>.

The Snuggpak Travelpak Traveller (£44.95) weighs 900g and has an integrated mosquito head net. It can be unzipped and used as a quilt (great for those who don't like feeling enclosed).

The Snuggpak Travelpak 1 (£39.95) weighs 850g. It is made of antibacterial fabric and also has an integrated mosquito head net.

The Snuggpak Jungle Bag (£44.95) weighs 900g and packs down smaller than a coconut. It also has an integrated mosquito head net.

Sleeping bag liner

You should bring a sleeping bag liner (silk or cotton) to use in combination with your sleeping bag, to keep it clean and to have the option to unzip your sleeping bag but stay covered if the conditions are warmer than expected.

Sleeping mat

You will be provided with a sleeping mat but you may wish to bring your own for comfort. Inflatable mats such as Thermarest style mats are a good option and are more comfortable than standard foam roll mats. Please bear in mind that you will be carrying this yourself so don't bring a mat which is too heavy or bulky.



Sumatra Jungle Trek & Tiger Conservation Project

Reg Charity
203644 (England and Wales)
SC037711 (Scotland)

Culture and responsible travel

Culture shock

Sumatra is a very safe place with racial harmony, political stability, low incidences of crime and good general health but it is very different to countries in Europe so you may experience a little culture shock. Take your time, ask questions to your guide, and keep an open mind.

A few things to consider:

- Traditional people greet each other with a handshake. After this the hand placed on the heart.
- Use your right hand to eat and shake hands. The left hand is considered unclean.
- Avoid public displays of affection. Kissing in public is considered inappropriate.
- Never touch someone's head, even is patting a child's head, this is considered very impolite.
- Remove your shoes when entering people's home and places of worship
- Permission should be sought before taking pictures of people.

Haggling

When shopping if you find an item without a price tag it is expected that you will haggle. Remember to engage with the vendor and build rapport then only pay what you think is a good value price for the item, don't try to get the price as low as possible. The most popular souvenirs tend to be handicrafts including ethnic wood carvings, textile weavings, bamboo and rattan gifts, and jewellery.

Begging

It is important not to underestimate the psychological impact of seeing poverty and a sense of helplessness and guilt that often comes from it.

Begging and giving money to beggars is prohibited in many parts of Indonesia. As part of our responsible tourism policy we strongly advise against giving directly to beggars or offering gifts to children. Gift-giving can lead to individuals pestering other travellers as they believe begging is more profitable than searching for work or attending school.

Environment

The wonderful environment of Sumatra is also a fragile one. We are extremely environmentally conscious and aim to minimise our impact. Please take steps to protect your environment including (but not limited to) the following tips:

- Never attempt to touch or feed any animals you encounter.
- Never leave toilet paper or litter on the trail.
- Don't dispose of fruit peel, cores or seeds on the ground; although they decompose eventually they are unsightly and may attract animals.
- The jungle is a fragile ecosystem. Do not destroy or pick plants.
- Minimise your water usage by having short showers.
- Pick up any litter you see.
- Use biodegradable toiletries.
- Be considerate of other trekkers.

Etiquette

- Always endeavour to be polite and respectful. If you show respect then it will be reciprocated.
- Keep noise to a minimum, while trekking in the jungle but also especially early in the morning and late at night when staying at hotels and guesthouses.
- Be respectful to your guides and hosts; don't forget to say please and thank you.
- Be considerate of the feelings of other group members.

- When taking photographs of the local people, it would be wisest to ask their permission. Taking a photograph of someone without their permission, especially in rural areas, can cause offence. Older people, particularly ladies prefer not to be photographed but in contrast young children are often very keen to be photographed.

Fitness, health and safety

Travel health

Different Travel regrets that we cannot provide medical advice or recommendations. You are advised to seek medical advice from your GP or travel health professional at least 8 weeks before travelling for a consultation tailored to your medical history to ensure that all appropriate vaccinations are up to date. For general information visit www.fitfortravel.scot.nhs.uk or www.travelhealthpro.org.uk. Please note that failure to be adequately vaccinated can sometimes invalidate travel insurance policies as it is considered that you have not taken necessary precautions.

First aid kit

You should bring a **small** first aid kit of essential items which is for your own personal use and keep it in your backpack. Suggested items to include: personal prescription medicine, painkillers, blister plasters, antihistamine tablets, Imodium (Loperamide), lip balm with SPF, muscle rub, zinc oxide tape etc. Please keep the contents to a minimum as you have to carry it yourself.

Insect Repellent

There are many mosquitoes, leeches and other insects in Sumatra, particularly while trekking so it is essential that you use repellent day and night. **50% DEET** is the most effective repellent available for use on your skin. Never use 100% DEET on your skin as it is not designed to be used this way.

Leeches

There are lots of leeches in Sumatra, so it is important to prevent bites where possible. The local guides will be able to help you remove leeches if you are bitten but you should familiarise yourself with self-care. Leeches clamp into the skin with a set of teeth. If you try and pull the leech off, there is a good chance of leaving parts of its head still attached, causing the wound to become infected and ulcerated. Even if it comes away intact the wound will continue to bleed due to the anti-coagulant leeches release. The best thing is to wait until the leech is full; when it is sated it will release a coagulant into the wound to prevent bleeding, retract its teeth, and fall off. Leeches usually feed for around 30 minutes; afterwards, clean the wound with an anti-septic, and apply firm pressure until bleeding stops.

Zinc Oxide tape

This tape is really useful to prevent blisters. When you feel your boots start to rub against your feet, you should stop and remove any debris from your boots and check your feet. If a hot spot is developing (a red, sore area without broken skin) you can apply zinc oxide tape to the area and it will stop (or slow down) a blister developing. If you are too late to prevent the blister, you should clean the area and apply a Compeed blister plaster instead.

Safety

Please take common-sense precautions while travelling, to ensure your safety and the protection of your belongings. For example, leave flashy jewellery, watches, and accessories at home, keep wallets out of sight stowed in a handbag or backpack rather than sticking out of a pocket, don't leave bags unattended at any time, carry cameras in their cases rather than carrying them openly with the camera strap, split cash into different pockets rather than carrying all your money in one place, especially immediately after you have used the ATM, and so on.

Last updated March 2022

Kit List

Essentials

- E-tickets
- Passport + 2 copies
- ATM card + credit card(s)
- Cash (£ Sterling)
- Travel insurance information
- Pen
- Sunglasses (100% UV polarized)
- LED head torch + spare batteries
- Camera + spare batteries
- Hiking pole(s)

Clothing and Footwear

- Hiking boots*
- Footwear for camp
- Non-cotton trek trousers
- Non-cotton t-shirt
- Non-cotton long sleeve top/shirt
- Non-cotton socks
- Underwear
- Leech socks
- Sun hat with wide brim
- Neck cooling 'Cobber'
- Buff (www.buffwear.co.uk)
- Poncho
- Swimwear
- Casual wear for travel days
- Pyjamas

Hygiene*

- Shampoo* + conditioner
- Toothbrush + toothpaste
- Antiperspirant deodorant
- Shower gel*
- Non-cotton travel/trek towel
- Wet wipes
- Hand sanitizer
- 1-2 toilet rolls (in Ziploc bags)
- Nappy bags (for used loo paper)
- Waterproof sun block (high SPF)
- Feminine hygiene products

First Aid Kit

- Prescription medicine
- Insect repellent (50% DEET)
- Ibuprofen + Paracetamol
- Plasters
- Blister plasters (e.g. Compeed)
- Imodium (Loperamide)
- Rehydration salts (e.g. Dioralyte)
- Antihistamine cream/tablets
- Lip balm with SPF protection
- Indigestion remedy (Gaviscon)
- Nail scissors/ tweezers
- Muscle rub (e.g. Deep Heat)
- Zinc oxide tape
- Spare glasses/contact lenses

Optional

- Video camera + charger
- Mobile phone + charger
- MP3 player/iPod
- Sewing kit
- Waterproof pouch for phone
- Portable battery pack

Sleeping

- Lightweight sleeping bag
- Sleeping bag liner
- Ear plugs
- Mosquito net
- Para cord + gaffer tape

Luggage

- Suitcase for main luggage
- Daypack (max. 25-30 litres)
- Kit Bag
- Combination padlocks
- Dry bag / rucksack liner

Eating and Drinking

- Energy snacks
- 2-litre bottle (e.g. CamelBak)
- 1-litre backup bottle
- Electrolyte tablets
- Water purification (e.g. Biox Aqua)

PLEASE NOTE: This list is just a guideline and is not exhaustive. The items on this list do not take into account your personal preferences based on your previous trekking experience, or individual requirements. For information about items on this list please refer to the trip dossier or contact The Different Travel Company on info@different-travel.com

*Please ensure you pack your hiking boots into your hand baggage in the unlikely event your checked luggage goes missing or is delayed.

*Please consider eco-friendly or biodegradable options. Consider shopping at Little Footprint Gifts (<https://littlefootprintgifts.weebly.com/eco-traveller.html>).