

## What to pack: Clothing

<b>Head covering</b>	An absolute must! Due to the strength of the sun, it is necessary to protect your head, face and neck. Bedouin style head-dresses are very effective. You will have the opportunity to buy one in Dahab in the numerous bazaars.
<b>For the body</b>	<b>“Long, loose and cotton”</b> is the basic rule as you need protection against the sun and because we travel with Bedouin. Leggings, lycra shorts and vest tops are not appropriate at any time except on the beach. Swimming costumes may be worn at the beach, mountain pools or hot springs.
<b>Summer</b>	Natural fibres are best in the heat. Long-sleeved shirts and trousers are often the most comfortable and help protect against sunburn. If you prefer to wear a T-shirt during the day, remember to protect exposed arms with sun block appropriate for your skin's level of sensitivity to the sun. Warm sweaters and trousers for the evening.
<b>Winter</b>	During winter the days are generally warm but the nights can be very cold especially around St. Katherine / in the high mountain area. It is best to come prepared. During the daytime we recommend long-sleeved cotton shirts and trousers with possibly a sweater. In the evening, be prepared with warm under-layers, trousers, sweater(s), windproof fleece / jacket, hat and gloves. The secret to “cold dressing” is to wear several layers and to remember to change your innermost layer before the temperature drops, and certainly before sleeping. For sleeping, a jogging suit is an option. Rain is unlikely but not impossible.
<b>Camel trekking</b>	Long, comfortable trousers are a must for men and women.
<b>Mountain &amp; Desert trekking</b>	Shorts are acceptable although we recommend again longer trousers. An alternative solution is to wear trousers with a zip fastening around the knee – these can be worn as either knee length shorts or long trousers. T-shirts ( and sun block for exposed arms ) or longer sleeved cotton shirts.
<b>St. Katherine's Monastery</b>	Modest dress is required to enter the Monastery. Knees and shoulders must be covered.
<b>Footwear Day</b>	Tough shoes or trainers are adequate; light walking boots ideal. Snow in winter on Mount Sinai is a possibility. Socks should be thick enough to cushion your feet.
<b>Footwear Evening</b>	Lighter footwear for the evening may be useful, as going barefoot is not advisable at any time.
<b>Swimming costume and towel</b>	<i>Swimming / snorkelling</i> : Rubber shoes or old tennis shoes are recommended to protect your feet against corals and spiky sea life.  N.B. For those staying in hotels while on the coast, snorkels, masks, fins and booties are available for hire. For those not staying in hotels, snorkels add to enjoyment as do shoes.

## What to pack: Luggage

<b>Luggage: Main piece</b>	Either a soft roll bag or a backpack is suitable. During the day this will be loaded onto the roof of the jeep / back of the camel and will be only accessible in the evening.
<b>Luggage: Day Pack</b>	A small rucksack for daytime use. It needs to be strong with comfortable straps and large enough to carry water bottle, sun cream, camera, spare layer etc...
<b>Medical kit</b>	Many people bring their own basic medical kit (aspirin, plasters, insect repellent, diarrhoea tablets etc...) Rehydration salts (e.g. Dioralyte rather than salt tablets) are recommended for those trekking during the summer months. If you need to take any medication from your kit, please mention it to your leader. If you are taking regular medication, please remember to bring sufficient amounts plus spares and to carry them in your hand luggage on the plane. An emergency first aid kit is carried.
<b>Sleeping Bag</b>	Night temperatures vary considerably in the desert depending on the area and the seasons.
<b>Summer (May-Sept)</b>	We recommend a good quality sleeping bag and optional cotton / sheet sleeping bag liner. In extremely sheltered locations, you may want to use just the latter, but come prepared with both items!
<b>Winter (Oct-April)</b>	A warm, good quality all season sleeping bag and inner cotton / sheet sleeping bag liner are essential.
<b>Sleeping Mat</b>	Optional, as mattresses are provided. If you want to bring an inflatable sleeping pod / Therm-a-rest for winter trekking in colder conditions, it is best to lay it on top of another protective layer due to the abundance of desert thorns.
<b>Survival Bag (Optional)</b>	It can be useful to bring an emergency bivvi bag (like a large orange bin bag, from camping stores) to protect your sleeping bag and possessions from showers and sand.
<b>Sun cream</b>	High factor sun cream (20 Factor or above), sun block and lip protection cream are essential. Non-waterproof creams are best as they are less sticky and do not leave you covered with sand.
<b>Sunglasses</b>	Recommended for everyone. As the sunlight and reflected glare are very powerful, good quality glasses which <b>fully</b> cover the whole eye area are recommended. Contact lens wearers might want to bring a spare pair of glasses as lens changing can be difficult with all the sand.
<b>Torch</b>	A good hand or head torch with spare batteries
<b>Camera and Binoculars</b>	Please remember to bring sufficient spare film and batteries. You will be able to stock up on these in Dahab if you have forgotten some back home. Disposable panoramic and underwater cameras have proved popular. It's a good idea to keep your camera and any other sensitive equipment in plastic bags to protect them from the sand.



## What to pack: Other

<b>Toiletries</b>	A wide range of products is available in Dahab. Cleansing wipes can help keep you refreshed during the day.
<b>Water purification</b>	Good clean drinking water (mineral water) is provided on SUB SINAI desert safaris and trekking tours. It is not necessary to bring your own water purification products if you are joining one of our guided programmes.
<b>Water bottle</b>	If you are bringing your own water bottle it should be watertight and non-breakable. Reliable brands include Sigg, Nalgen and Platypus.
<b>Walkmans, MP 3's etc</b>	Silence is part of the desert and therefore we ask you not to bring a radio / cassette without headphones. The sand can cause problems with hi-fi equipment, so store it in another (airtight) bag.