

## **KIT LIST FOR PONY TREKKING TRIPS**

**NB Please note that on all the pony trekking trips, personal kit is carried by individual participants in their own day pack on their backs, and not in saddle bags on the ponies. Kit should be therefore kept to a minimum.**

**On all trips we encourage a 'minimum environmental impact-leave no trace' philosophy**

Passports  
Small day pack  
Long pants suitable for riding (tracksuit pants work well)  
Raincoat or rain suit  
Warm windproof and preferably waterproof jacket  
Fleece jacket or top (or equivalent)  
One change of clothes securely wrapped in a plastic bag to keep them dry  
Sun hat  
Sun bloc cream  
Suitable footwear for riding and walking  
Beanie or balaclava (winter)  
Suitable gloves (winter)  
500ml water bottle  
Torch or flashlight (a head torch is ideal)  
Camera  
Personal medications

Three meals a day are provided on all trips. In-between snacks (ie energy bars, chocolates, chips, biscuits) are NOT included and can be purchased at Sani Lodge if required.

**The following items are required for the Thabana Ntlenyana 4 day trip only:**

Passports  
Good quality sleeping bag (This item will be carried on the pack ponies)  
Roll of toilet paper and matches or lighter (to burn used toilet paper) securely contained in a zip lock plastic bag