

Kit list

TREKKING IN THE TROPICS

IF YOU'RE PLANNING A TRIP TO TROPICAL CLIMES, YOU'LL NEED LIGHTWEIGHT, BREATHABLE AND QUICK-DRYING GEAR THAT PROTECTS AGAINST INSECT BITES AND THE SUN'S RAYS. HERE'S OUR PICK OF THE BEST. WORDS: TAM SIN WRESSSELL



1

1 JACK WOLFSKIN DESERT ROLL-UP PANTS

These trousers are made from nylon — a light, stretchy fabric that allows for easy movement yet still feels comfortable. They're fast drying with quick moisture control, and UPF 40+ protects you from the sun. RRP: £60. jack-wolfskin.co.uk



3

3 FJÄLLRÄVEN ABISKO COOL T-SHIRT

Fjällräven's Abisko collection is designed for low weight trekking. This T-shirt, made from a combination of recycled polyester and organic cotton to wick away moisture, is perfect for more humid climates. RRP: £45. fjallraven.co.uk



2

2 MERRELL MQM FLEX GTX BOOTS

Made with athletes in mind, these boots combine technology and traction so they're breathable and lightweight. A Gore-Tex waterproof membrane and air-cushioned heels mean they're ideal for all the terrain and conditions of tropical trekking. RRP: £125. cotswoldoutdoor.com

4 GRAYL ULTRALIGHT WATER PURIFIER

Lightweight but heavy-duty, this water purifier lets you drink from almost any freshwater source, filtering out pathogens, chemicals and heavy metals. Indispensable on proper treks. RRP: £45. grayl.com



4



5

5 CASIO PROTREK SMARTWATCH WSD-F30

Full-colour offline maps and compatibility with apps like ViewRanger make this ideal for exploring remote places. It's also water resistant and has a long-life battery. RRP: £450. snowandrock.com



6

6 INCOGNITO SUNCREAM & INSECT REPELLENT

This three-in-one insect repellent, sunscreen and moisturiser is a natural — and powerful — alternative to DEET. It's also safe to use for anyone aged three months and above. RRP: £22.99. lessmosquito.com