



GSA VOYAGES

GRAND-SAHARA –AVENTURES
EXCURSIONS, TREKS AND TOURS IN TUNISIA



TREKKING – CAMEL TREKKING AND HORSE HIKING

List of essentials:

Luggage

- 1 sturdy travel bag or 1 backpack without frames of 15 kg maximum (Think of the comfort of our dear carriers!). Above all, no suitcase.
- 1 small backpack for carrying the day's belongings (water bottle, camera, sunscreen, etc.), the same one you used in the cabin of the plane.
- Possibly 1 banana, very practical for things that you use very regularly.

Clothing and shoes

It is hot in summer. It can even be very hot with temperatures around 40°. The nights are usually very mild. However, a storm is still possible. It is therefore advisable to bring warmer clothing just in case, possibly a Kway or poncho. As a general rule, it is wise to wear light clothing, if possible in natural fabric, covering to protect but loose to let air pass through.

For the day:

- 2 light, comfortable pants, if possible, with pockets (very practical for putting toilet paper and lighter).
- 4 to 5 T-shirts, some with long sleeves to protect you from the sun.
- 1 long-sleeved shirt (against a possible cool wind, to protect yourself from the sun... and from flies during a nap).

Underwear.

- 1 scarf (long strip of fabric), multifunction, which you will buy on site (around €5).
- A wide-brimmed cap or hat (to possibly put under the scarf) is also practical to protect your eyes from the sun or sand during sandstorms (particularly in April/May).
- 1 pair of walking shoes (hiking shoes and/or trekking sandals) and socks accordingly. The ground being essentially sandy, no need for specific shoes a pair of ordinary sneakers is enough, but you will have to empty them a little more often of the sand which seeps everywhere. This is the big advantage of sandals which let the sand in but also out. Very pleasant at this season. Above all, avoid new shoes if you are prone to blisters. If necessary, bring replacement shoes.

For the evening and night:

- At night, even when sleeping, do like the nomads, keep your scarf on your head.
- 1 complete tracksuit or pyjamas.
- 1 long-sleeved T-shirt/sweatshirt
- 1 sweater or fleece
- Maybe another pair of more comfortable shoes. It could be slippers. These shoes must be closed for walking at night. Sand ruins everything, so don't bring your best clothes. Consider a non-sandy outfit for returning from the desert after a shower, it's more pleasant. This can be the same outfit as for the outward journey. Often.

Toilet and Medicines

Water is rare in the desert. We do not restrict ourselves in drinking or cooking, but we use none or very little for washing. You will see that it goes very well without it and that it is not even dirty after 6 days. The sand, so fine that it gets everywhere, cleans constantly.

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For a toilet closer to our Western habits, you can use wipes.

You can also, like the nomads, benefit from water when passing by a source, but the use of any non-biodegradable product is harmful.

- A toiletry bag that closes completely with your toiletries.
- A small towel.
- Wet baby wipes.
- Sun cream, sunscreen (be careful, you burn very quickly in the desert!), moisturizing lip cream, “Biafine” type cream against sunburn.
- Purifying water tablets.

The water is drinkable, but it is preferable that you purify it for greater safety. With hydroclonazone tablets on sale in pharmacies.

Take 2 water bottles with you, allowing you to always have drinking water available without having to wait the two hours required for purification each time.

You can add syrup or something else to give a little flavour to lukewarm water in the spring.

- Care for possible blisters or cuts (rather gauze and adhesive strips than dressings which come off very quickly with the sand).
- Anti-diarrheal, intestinal disinfectant, paracetamol, possibly broad-spectrum antibiotic.
- Physiological serum and eye drops in single doses for cleaning the eyes (and nose) after a sandstorm.

Miscellaneous equipment

- 1 sarcophagus duvet, not necessary in summer.
- 1 pair of very good quality, well-covering sunglasses, or even 2 in case of loss or breakage.
- 2 bottles of 1 liter minimum.
- A flashlight or headlamp, with new batteries and bulb.
- Toilet paper or tissues and a lighter or matches in a small non-transparent bag.
- 1 pocket knife (which you will store in your hold luggage for the plane).
- A pair of spare laces, thread and a needle.
- Small plastic bags or better paper bags to use as trash that you put in the fire in the morning just before leaving the bivouac.
- Some waterproof freezer bags to protect your belongings, especially the camera.

All equipment for bivouacs, including cutlery, groundsheets, mattresses and blankets, is provided by us.

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