



REUNION PACKING CHECKLIST

This is a packing guide of necessary equipment for all Réunion Treks. The core principle is all built around layers and layering so you can quickly adjust for varying weather conditions.

TRAVEL DOCUMENTS/ADMIN

- | | |
|---|---|
| <input type="checkbox"/> Passport
<input type="checkbox"/> Insurance paperwork (3 copies)
<input type="checkbox"/> International air travel tickets | <input type="checkbox"/> Euros (for small purchases)
<input type="checkbox"/> Plastic snap lock bags
<input type="checkbox"/> Credit/Travel Money Card(s) |
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ESSENTIAL EQUIPMENT & ACCESSORIES

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|---|---|
| <input type="checkbox"/> Rucksack/Day Pack (35-40ltr or 45-50ltr) & waterproof pack cover
<input type="checkbox"/> A larger bag/pack (60-80ltr)
<input type="checkbox"/> A Cap or Sunhat
<input type="checkbox"/> 1 or 2 sets of thermals
<input type="checkbox"/> Long sleeved & short sleeved t-shirts
<input type="checkbox"/> 1 light fleece or equivalent
<input type="checkbox"/> A breathable windproof, waterproof jacket
<input type="checkbox"/> Lightweight waterproof over trousers
<input type="checkbox"/> 1 pair of suitable shorts
<input type="checkbox"/> 1 pair of walking trousers (detachable legs ideal)
<input type="checkbox"/> A pair of casual shoes for the evenings | <input type="checkbox"/> Thick walking socks
<input type="checkbox"/> Trekking Boots (pre broken/worn in)
<input type="checkbox"/> Snacks to nibble on
<input type="checkbox"/> Warm gloves, hat & scarf (for June - September trips especially)
<input type="checkbox"/> A swimsuit
<input type="checkbox"/> 2 or 3 Litre Bladder with sipper hose
<input type="checkbox"/> 1 litre drink bottle (light / durable)
<input type="checkbox"/> Plastic bag for storing rubbish/trash
<input type="checkbox"/> Sunglasses (lens category 3 or 4) |
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HEALTH & HYGIENE

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|--|---|
| <input type="checkbox"/> Water Purification Tablets (100)
<input type="checkbox"/> Sunscreen (SPF30 or higher)
<input type="checkbox"/> Insect Repellent (tropical strength)
<input type="checkbox"/> Hand disinfectant (alcohol based)
<input type="checkbox"/> Broad Spectrum Antibiotics
<input type="checkbox"/> Women's Hygiene Products
<input type="checkbox"/> Anti-inflammatory gel or Deep Heat
<input type="checkbox"/> Anti-diarrhoea tablets
<input type="checkbox"/> Anti-nausea tablets
<input type="checkbox"/> Strapping tape
<input type="checkbox"/> Voltaren (or similar anti-inflammatory)
<input type="checkbox"/> Lip Balm | <input type="checkbox"/> Deodorant
<input type="checkbox"/> Toothbrush and toothpaste
<input type="checkbox"/> Toilet paper (or wet ones)
<input type="checkbox"/> Personal medications
<input type="checkbox"/> Pain Killers
<input type="checkbox"/> Band-aids / blister treatment
<input type="checkbox"/> Anti-Chafing cream (Vaseline or 3B)
<input type="checkbox"/> Quick Dry Towel
<input type="checkbox"/> Antiseptic cream (for cuts)
<input type="checkbox"/> Antihistamine (for bites)
<input type="checkbox"/> Elastic bandage |
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Small travel size items assist with keeping your weight to a minimum. Sharing first aid requirements with others also helps

OPTIONAL/USEFUL EQUIPMENT & ACCESSORIES	
<input type="checkbox"/> Sleeping Bag Liner <input type="checkbox"/> A tupperware box or bowl & cutlery for picnic lunches <input type="checkbox"/> Head Torch & Spare Batteries <input type="checkbox"/> Waterproof Pack Cover <input type="checkbox"/> Trekking poles (optional, but recommended)	<input type="checkbox"/> Personal Toiletries <input type="checkbox"/> Quick Dry Microfibre Towel <input type="checkbox"/> Pocket Knife <input type="checkbox"/> Dry bag to carry inside you pack for Vital Documents <input type="checkbox"/> Electrolyte powder (optional)
ADDITIONAL ITEMS (all optional)	
<input type="checkbox"/> Diary & pen <input type="checkbox"/> Camera (waterproof) <input type="checkbox"/> Travel Power Adapter(s)	<input type="checkbox"/> Camera Storage Cards <input type="checkbox"/> Spare Camera batteries <input type="checkbox"/> Comfortable clothing for long haul flights
PHOTOGRAPHY EQUIPMENT (recommendations for specialist photographers)	
<input type="checkbox"/> Minimum focal length 400mm <input type="checkbox"/> Recommended focal length 600/500mm <input type="checkbox"/> Lens 70-200 f: 2.8 recommended with a multiplier <input type="checkbox"/> Tripod	<input type="checkbox"/> For landscapes, a 14-24 mm/15-35 mm lens <input type="checkbox"/> Extra Memory Cards <input type="checkbox"/> Extra Batteries

When purchasing items, try to obtain small versions of sunscreen, toothpaste, insect repellent etc. Garbage bags and snap lock bags are a cheap option for keeping gear dry & weigh a lot less than many waterproof sacks. Water purification tablets are available at camping shops. Removing medication from boxes and sharing first aid among friends also helps to reduce weight.

Weather

Réunion Island has a tropical climate with two different seasons: The cool, dry austral winter from April to September and the austral summer from October to March, the hot, humid season.

April to June - Temperatures remain a comfortable average of 20°C during the day and 10°C at night. It is at this time that the flora and fruits are at their most bountiful.

July to September - Temperatures are cooler and perfect for hikers who suffer in the heat. It is on average 16-20°C during the day and at night, temperatures drop much lower, often below 0°C. It is not uncommon to see snow on the Piton des Neiges.

October to December - Average temperatures are around 25°C in the day and 18°C at night.

January to Mars - The hurricane season which brings heavy rainfall and trekking is disrupted.