

GRANDE VIEW LODGE HIKING TRAIL CHECK LIST OPTION 1 GROUPS

General Info :

(Temperatures are unpredictable during April & September)

April - May: day temp. 25 - 33 °C / night temp. 15 - 20 °C

June - August: day temp. 18 - 25 °C / night temp. 0 - 15 °C

Sept - Oct: day temp. 25 - 40 °C / night temp. 15 - 25 °C

Humidity very low at all times (dry, semi-desert climate)

Insects & reptiles: a few mosquitoes (not a malaria area). Others, like scorpions never presented problems before. Snakes are very dormant during the winter season

Geographic's: Hiking on boulders, sand, gravel, flat stone formations. Sometimes taking detours on the narrow animal paths against the canyon sides, to avoid walking in the water (difficult).

Fish River water drinkable: fill up at running water or use filters or tablets

All equipment, **except sleeping bag, pillow & small daypack**, provided by Grande View Lodge:

1. Tents, sleeping mattresses (transferred to camps by assistants)
2. Food, drinks & cooking equipment (transferred to camps)
3. Medical kit: makes provision for basic needs (carried by Guide)

Client responsible for:

1. **Insurance coverage** for any form of accident & air lifting from anywhere in Namibia. Clients must hand in emergency numbers at the reception office before departure on the hike
2. Hand over signed **indemnity forms** at office
3. Very good quality (worn in) hiking **boots**
4. Two or more pairs of very good quality **socks** - 100% wool / cotton
5. Two sets of **cool clothing** (Cotton T-shirts and shorts will do)
6. One set of **warm clothing**
7. **Hat & creams** (30 factor sun screens)
8. **Backpack** or **suite case** with clothing & personals (transferred to camps)
9. **Small Daypack** for carrying on hike (preferred personals, camera, water bottle & lunch pack)
10. Good quality **sleeping bag** (transferred to camps)
11. **Water bottle**: at least 3 liter capacity
12. Personal **medical kit** according to need
13. Water **clarifying tablets**: personal decision
14. **Camera** - a must! Please see that you have enough batteries, as there will be no charging facilities, once down in the canyon
15. **Flash light or head lamp** (preferably small and good quality, like MAG-lights) & extra batteries
16. Any other **personal items** according to need
Please try to use only biodegradable soaps, washing detergent, shampoos and other chemical substances

GRANDE VIEW LODGE HIKING TRAIL CHECK LIST OPTION 2 GROUPS

General Info :

(Temperatures are unpredictable during April & September)

April - May: day temp. 25 - 33 °C / night temp. 15 - 20 °C

June - August: day temp. 18 - 25 °C / night temp. 0 - 15 °C

Sept - Oct: day temp. 25 - 40 °C / night temp. 15 - 25 °C

Humidity very low at all times (dry, semi-desert climate)

Insects & reptiles: a few mosquitoes (not a malaria area). Others, like scorpions never presented problems before. Snakes are very dormant during the winter season

Geographic's: Hiking on boulders, sand, gravel, flat stone formations. Sometimes taking detours on the narrow animal paths against the canyon sides, to avoid walking in the water (difficult).

Fish River water drinkable: fill up at running water or use filters or tablets

Client responsible for:

1. Tents, **sleeping** mattresses (as preferred)
2. **Food, drinks** & cooking equipment: enough for amount of hiking days
3. **Medical kit**: make provision for own needs (Guide also carries a basic kit)
4. **Insurance coverage** for any form of accident & air lifting from anywhere in Namibia. Clients must hand in emergency numbers at the reception office before departure on the hike.
5. Hand over signed **indemnity forms** at office
6. Very good quality (worn in) hiking **boots**
7. Two or more pairs of very good quality **socks** - 100% wool / cotton
8. Two sets of **cool clothing** (Cotton T-shirts and shorts will do)
9. One set of **warm clothing**
10. **Hat & creams** (30 factor sun screens)
11. **Backpack** with hip support recommended
12. Good quality **sleeping bag** (transferred to camps)
13. **Water bottle**: at least 3 liter capacity
14. Water **clarifying tablets** or portable water filter
15. **Camera** - a must! Please see that you have enough batteries, as there will be no charging facilities, once down in the canyon
16. **Flash light or head lamp** (preferably small and good quality, like MAG-lights) & extra batteries
17. Any other **personal items** according to need
Please try to use only biodegradable soaps, washing detergent, shampoos and other chemical substances