

# Preparing for an Overland Trip with Alpine Rovers

Firstly, you do not have to go and spend a lot of money equipping your vehicle for an overland adventure. Our tours have been designed so you can enjoy them in the most standard of 4x4 vehicles.

For your comfort, we have put together a few basic tips, which will help you get the most out of our Safaris.

Less is more, so you can leave the kitchen sink at home. It is all in the right sort of preparation.

## **CLOTHING:**

- Be prepared for ALL weather conditions, as we can experience most. Sometimes all in the same day.
- Summer Clothes
- Warm Clothes
- Sturdy Boots
- Wet Weather Coats
- Hat and Gloves, specially for the evenings around the campfire
- Remember Jeans when wet, take a long time to dry

## **CAMPING EQUIPMENT:**

- Tent: Remember we are moving on each day, so you want something you can put up with ease, and something that does not take too long, specially if it is raining
- Heavy Duty Tent Pegs recommended
- Cooking Gas: Make sure you carry plenty, as some types are not so easily found in Europe. Also remember when boiling water at altitude you can use a lot of gas.
- Kelly Kettles are great for boiling water, saves gas and you can use almost anything as fuel, twigs, grass, moss, paper and card, cotton wool.
- Sleeping Bags: We recommend 4 seasons, or the best you can afford, as the temperatures drop in the mountains. Double sleeping bags or duvets are not as warm as singles.
- We recommend Self Inflating Roll Mats rather than the Blow Up Mattress types, as mattresses can go down due to the altitude and feel cold due to the volume of air inside of them.

## **FOOD:**

- Keep it simple, we suggest you bring some back up tins and packets of your favourite brands, as you may not be able to find them at the local supermarkets.
- However there will be plenty of opportunities to shop for fresh produce, such as Milk, Bread, Cheeses, Fruit and Veg, and Meats.

- No need to spend your money on bottled water, as there are plenty of opportunities to collect Fresh Mountain Spring Water along the way.
- We recommend to drink plenty, to keep your fluid levels up.

### Personal Hygiene:

- We recommend Micro Fibre Towels, as they absorb moisture and dry quicker than standard house hold towels
- Baby Wipes: the overlanders best friend as they clean you up and cool you down
- Toileting: back to basics, bring a shovel or your own camping tent & toilet, but remember you will not be able to empty chemical toilets in the mountains, and do you really want to carry a full tank around for two days?
- Bio – degradable toilet paper

### Medical Requirements:

- Comprehensive First Aid Kit
- Any Medications you require
- Sun Screen Lotion
- Inset Repellent

### Vehicle:

- Good running order and road legal. plenty of tyre tread, check wheel bearings are well greased, check your brakes and hand brake, coolant system, suspension, lights etc.
- Must be TAXED, MOT'd, INSURED (check that it is covered for Europe)
- Beam benders (headlamp converters)
- "GB" Sticker or European style number plates.
- Breakdown recovery service covering Europe.
- **NO** fuel cans to be carried on the exterior of the vehicle, also check with your ferry operator if allowed to carry spare fuel.

### Equipment to carry:

- Breakdown warning triangles (two)
- **NEW** from July 1<sup>st</sup> 2012: breathalyser test kits (two) (new french driving regulations) *is compulsory!*
- First aid kit
- High visibility jacket or vest (per occupant)
- Fire extinguisher
- Spare bulbs set
- Tow rope/recovery equipment
- Jack & wheel brace (locking wheel nut tool)
- Any special tools for your vehicle
- Spare wheel

### Useful to carry

Spare fan belt  
 Spare wiper blades  
 Spare fuses  
 Wheel bearing kit  
 Spare UJ`s  
 WD40  
 EP90 (axle oil)  
 Engine oil  
 Break/clutch fluid  
 Power steering fluid  
 Spare air filter  
 Spare set of keys

### Communications:

- Mobile telephone, switch to operate in Europe
- CB Radio (optional), check that it covers European Channels

### Documents:

- Driving license
- Passport
- Travel insurance
- European health insurance card
- Vehicle documents – log book, MOT, tax, insurance papers
- Green Card (could be included within your insurance, however you need to check this with your insurance company) is compulsory!
- Credit card protection European telephone number
- Ferry tickets

**European Road Map**  
Would be useful

### Additional Information

- Travelling time from the port of Calais: 12 –15 hours.
- We recommend you allow two days with a stop over each way. How about one night stop over at: [Camping Troyes: 7, Rue Roger Salengro, 10150 Pont-Sainte-Marie, 10](#) or at [www.camping-lacdorier.com](http://www.camping-lacdorier.com).
- Motorway Tolls vary, but allow £150 - £200 for the trip, if you intend to use the Toll roads.
- Fuel: Will vary on what vehicle and engine you are using: However in the past a 200tdi averaged £350 - £400. A 2 & ¼ Petrol 109 £550 - £600. V8 £600 - £700+ TD5 £450 - £500.
- Campsites: vary from campsite to campsite, but an average is between €10 - €30 per night. Most will charge for: per person, tent & vehicle.
- Ferry can be booked through: [www.ferrysavers.com](http://www.ferrysavers.com) or [www.aferry.co.uk](http://www.aferry.co.uk)

\*Please note the information above is for guidance and may vary subject to a number of conditions and exchange rates, therefore should only be viewed as a guidance and not taken for as precise calculations.

