

Red Sea Mountain Trail Plains, Valleys, and Mountains Info Pack

YOUR INFO KIT

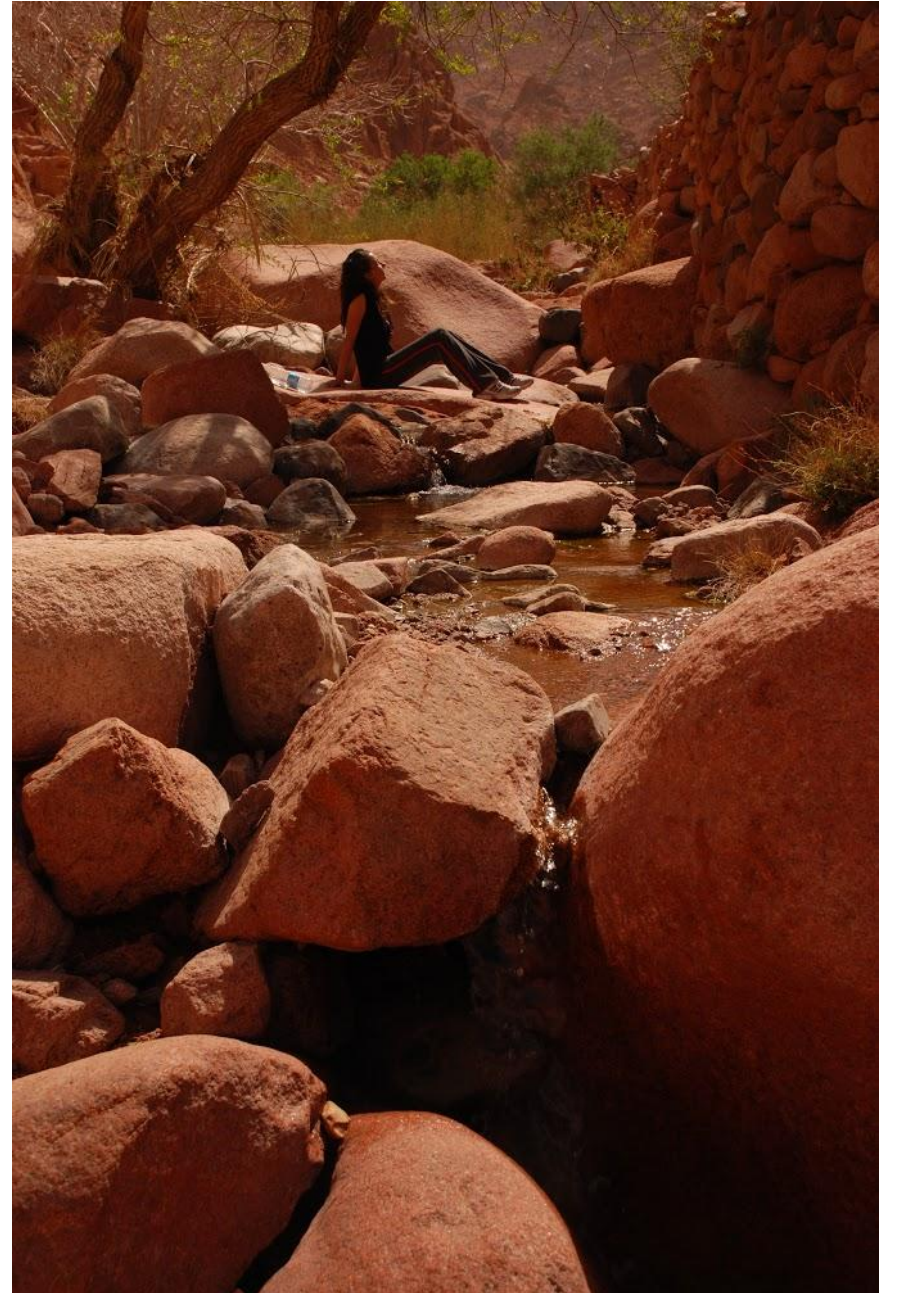
Eid AlFitr Edition

May 13-16



RSMT: Plains, Mountains, and Valleys

- We're going on a 4-day hiking trip in through the valleys and mountains of the Red Sea Mountain Trail (RSMT).
- We're spending this Eid exploring the unique trails of the Red Sea Mountains. We'll visit one of the most historic towns in the region – Mons Porphyrites, and cross vast plains and ancient routes! Since the trail isn't accessible by car, we'll have camels carrying our camping gear, food, and water supply, as well as our bag.
- The camels are only used to carry logistics and only for emergency. We don't ride the camels. We are going to carry our day backpack in which we have the water, and our snacks, so make sure you pack as light as possible. The sleeping bag shouldn't weight more than 1.8 kg, and the bag shouldn't weight more than 20 kg .
- We walk in the pace of the slowest participant, and if necessary we have enough staff so that the team would split if walking in a group became challenging.
- Our local guides are so passionate about their job, they know their place like the back of their hands, and they would be more than delighted to answer all of your questions.



DETAILED ITINERARY RSMT

Day 1: From Mons Porphyrites to ElRadda Plain

Meeting point: 7:00 AM at our yet-to-be-shared meeting point in Hurghada.

We're heading to in 4x4 cars to the trailhead. The ride should take us between 1 to 1.5 hours. We will be dropped off by the northernmost section of the RSMT, below Jebel Abu Dukhaan where we'll begin our adventure! Jebel Abu Dukhaan is home to the 2000-year-old Roman town of Mons Porphyrites. 'Mons' means mountain in Latin & 'Porphyrites' is 'porphyry', a rare kind of dark purple stone. This was the 'Mountain of Porphyry'. Thousands of tons of stone were quarried here over 5 centuries. The trail continues from the north to the south, over rugged passes, until we reach El Radda Plain, where we set camp under the stars to get ready for an early rise.

Day 2: ElRadda Plain to The Plains of Monfia

Today's hike is considerably shorter than yesterday's. After breakfast, we start off by heading westward toward The Plain of Monfia: a wide, sweeping plain that divides the eastern & western halves of the Red Sea Mountains. On our way, we pass along the shadowy gorge of Wadi Showug, which cuts down Jebel Shayib's north face. We set camp at The Plains of Monfia for the night.

DETAILED ITINERARY RSMT

Day 3: Wadi Faalig to Wadi Abu Eren

After an early rise, we leave The Plains of Monfia in the direction of Wadi Faalig, on an ancient path that connects them both. Wadi Faalig is in fact a pair of wide, sweeping wadis that are very different from the mountain scenery characterizing every other spot we've passed through. Big mountains are still found here: the sawtooth peaks of Jebel Um Araaka tower high over this region, along with the teeth and pinnacles of Jebel Kalahaya, where we head on our last day. Our hike continues until we reach Wadi Abu Eren: a wild, rugged wadi, running around the lower crags of Jebel Shayib. This is where we set camp.

Day 4 - To Wadi Kalahaya

On our last day, we head in the direction of a valley called Wadi Kalahaya. We have lunch there before getting picked up by 4x4 cars to head back to Hurghada.

**** Safety rules**

All the adventurers participating in our journeys have to follow our WG leader. You must put on the protective gear when applicable. Always try as much as you can to walk in pairs. Never put your hand in a bush, or try to move the rocks; reptiles love these places. Try to always stay close to the group so that you can avoid getting lost. Never panic, our WG leader is well experienced to handle the situation. Always stay close to the group and to our WG leader; always inform any of your group mates if nature calls.

GENERAL GUIDELINES

Litter and Waste

Litter takes a long time to decompose in the wilderness, especially in a dry, desert environment like Sinai. Plastic bags can take over 10 years, aluminum cans over 85 years, and glass bottles 1000s of years. Please never drop litter on the Trail. Where possible, we will burn waste; at other times, we will carry it off trail.

Water Conservation

Every drop of water is precious in the desert – both its quantity *and* quality. Please treat it as the precious resource it is. First of all, don't waste water, or use it for things that are unnecessary. With designated drinking sources, which we'll pass and perhaps use, it's important to keep them pristine. Don't wash hands or faces, brush teeth in them, etc.

Going to the Toilet

There are only a few spots with designated toilets in any outdoor adventure; even then, they are basic hole-in-the-ground toilets. When you need to go to the toilet, please find a secluded spot – e.g. behind a boulder – at least 100 m from the nearest water source.

Carry a cigarette lighter and burn any toilet paper you use on the spot - it can often burn even if wet, or put it in a sealable plastic bag to carry it out. Please always tell your guide or leader if you are taking a toilet break so they can ensure you don't get separated from the group.

Support Local Communities

We have the privilege of going to remote places and interacting with communities most tourists will never see. We ask hikers to dress according to local norms, wearing long trousers to cover their legs like the Bedouin do. Permission should be asked before taking photos of local people, especially Bedouin women.

PACKING AND THAT'S WHAT OUR CHIEF PACKED & DRAGGED TO REACH THE NORTH POLE

Pack smartly.
Pack efficiently.
Pack responsibly.



PACKING GUIDELINES

We either use one car or a camel pack to carry our camping gear and supplies so, in either scenario, let's pack responsibly. We encourage you to bring the items that would make you feel more comfortable and help you get a good night's sleep, just make sure to follow this guideline:

The Day Backpack:

To ensure we have a comfortable bus ride and a smooth, well-paced hike, we advise you to keep your handy items easily accessible in your day backpack at all times; that includes ID, phone, wallet, snacks, water, spare t-shirt or pants, jacket, etc. We don't want to be stopping and losing time or momentum.

Make sure the hands of your backpack are well padded, and aim for a backpack with a ventilation system in the back as it'll make your hike far more comfortable. Adjustable top and bottom straps allow the weight to be distributed evenly between your shoulder, back, chest, and waist – something your back will thank you for.

If your only bet is the normal Eastpack-style backpack, they will still do the job. Also, we highly recommend carrying a waist pack as they are ideal for our kind of adventures.

The Big Bag:

For any adventure, you don't want to exceed 15 kg in weight.

HARD SUITCASES aren't recommended as they take a big space in the bus– please pack in either big backpacks or gym bags.

Avoid having any items hanging outside of your backpack – like shoes, a hard jacket, or your yoga mat – by bringing an additional small bag to fit them in. It's a challenge to keep small items like these in sight.



Eastpack kind of Bag



One Day Hiking Backpack



Top and Bottom Straps



Back Ventilation System

PACKING LIST

Clothes For the hike:

- Long-sleeved Dri-fit t-shirts
- Short Sleeved Dri-fit T-Shirts
- Dri-fit Leggings
- Shorts
- Hiking pants or normal warm trousers (cotton not recommended)
- Gilet (optional)
- Waterproof breathable jacket (windbreakers work best)
- Sunhat or shemagh or BUFF
- Socks (wool socks or synthetic are recommended)
- Sturdy hiking boots/shoes (and spare laces)
- Small daypack for the trail
- Waist pack (optional: to keep your snacks handy)

For the Night:

- Warm hat (Optional)
- Hard gloves (Optional)
- Warm Jacket (to keep you warm in the campsite)
- Thermals (top and bottom) (No need if you have enough warm layers)

General to bring:

- Comfortable footwear for evening camps (e.g hiking sandals, Crocs, etc.)
- Passport/Egyptian ID card
- Flashlight or headlamp (and spare batteries) always keep it in the daypack you are hiking with
- Mosquito repellent (optional)
- UV rated sunglasses and sun screen
- 3x water bottles @ 1.5 liters each
- Personal snacks – dates, nuts, halawa, chocolate, etc.
- Personal medication - always keep it in the daypack you are hiking with
- Sewing kit (optional)
- Whistle (recommended) – always keep it in the daypack you are hiking with
- Toiletries (soap, toothbrush, toothpaste, wet wipes, etc.)
- Hiking poles (recommended)
- Phone / Camera / Batteries and cables
- Bigger backpack for sleeping gear and all your clothing
- Dry bags or zip-locks to keep your equipment dry and safe in your bags.

PACKING GUIDE



Gym Bag



Warm jacket



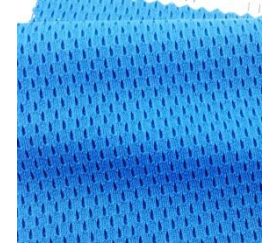
Fleece Gilet



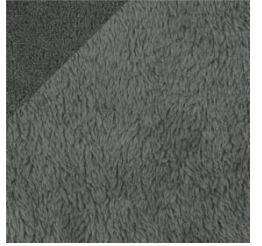
Shorts



Short Sleeved Dri-Fit



Dri-fit Polyester



Fleece Material



Top & Bottom Thermals



Head torch



Warm Gloves



Hiking Boots



Hiking Shoes



Windbreaker Material



Cotton material



NECKERCHIEF SCARF WRISTBAND HEADBAND DIADEM



Water Bottle and CamelBak



Warm Hat



Hiking Pants



Windbreaker Jacket



Long Sleeve Dri-Fit



Dri-Fit Leggings

1 BUFF Headwear

YOUR EQUIPMENT

Your gear is the number one thing you can depend on to stay safe and be comfortable and hassle-free, so always check it before you embark on any adventure.

We advise the following:

Footwear:

We highly recommend using hiking boots as they guard your ankles from twisting. Good brands are quite reliable and sturdy, and their rubber enhances your stability on rocky terrains, which will improve your performance and make you more confident. Boots also offer you protection from reptiles in case there are any, but this can be compensated by wearing thick socks along with thick pants.

Hiking shoes come second as their only disadvantage is that they don't guard the ankles.

If your only option is to come in your trainers, make sure they are extremely sturdy and don't have a soft bottom as this won't let you enjoy your hike, especially if it's a rocky terrain.

If it's a long hiking trip, bring extra laces, and preferably an extra pair of shoes just in case.

You want your body to breathe while you are on a hike so as to avoid blisters. Sweat and cotton are your enemy, so we recommend you stay away from cotton during your hikes, turning to more efficient materials like synthetic, polyester, and dri-fit.

Socks:

Thick layers will help you avoid blisters, and longer socks provide more comfort. Remember: stay away from cotton.

Tops:

Long sleeves will help you avoid sunburns – a thin layer long-sleeved dri-fit is advisable if the weather is too sunny, and a thick layer if it's cloudy and cold.

A fleece gilet is a big addition as it keeps you warm.

Bottoms:

We recommend dri-fit pants as they can be used as a thermal beneath the hiking pants, or can be used on their own if the weather isn't too cold.

WEATHER AND SLEEPING BAG

Weather:

At this time of the year the weather in the South of Sinai is fresh during the morning and sometimes it can be hot. We've got to be well prepared for all conditions, the hot weather, the cold weather. The more we approach the date of the trip, the more accurate data we will be able to gather about the weather conditions that we are going to face.

Sleeping bags:

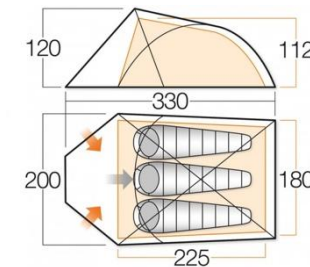
A three season sleeping bag would be suitable for this trip with comfort temperature of 10 degrees. We also recommend using sleeping bag liner or just wearing more warm layers during sleeping for people who'd still feel cold. Sleeping bags can be big, bulky and weighty so get the smallest, lightest model you can. Remember, the weather in Sinai is colder than what most people would expect, especially if they are not familiar with it.

If you are looking into buying a new sleeping bag, try to find the Thermos brand if you are buying from Egypt. It's available in Alfa Market, HomeWorks (Cairo Festival City), and probably Sports Mall. [Decathlon Online Store](#) is also an excellent option.

SLEEPING ARRANGEMENTS

Our WG Tents or The Million-stars Hotel

- The Bedouins usually sleep under the stars. They call it the million-star hotel.
- Tents give a sense of privacy and also provide a good barrier against mosquitoes, which may be encountered on some parts of the trail in warmer times.
- Most importantly, they provide insulation from the cold and a barrier against rain, which is possible at any time.
- Our WG tents are designed for this kind of weather; each tent fits three people, but we only accommodate two people per tent in order to have enough space to keep our bags inside. Teaming up with another hiker on your trip will help limit what the camels have to carry in the desert.
- We will be camping in the wilderness. By camping, we also mean that our water resource is minimal, so expect no showers, and nature's calls are responded to in nature, not through a toilet.



WG COMMUNICATIONS

Thankfully, we've got all the equipment needed to keep our adventures always connected, and well tracked. We don't use all of our communication equipment in each trip because of the complications we would normally want to avoid; let us know beforehand in case you want us to be using a specific device to meet your preference.

Phone connection isn't guaranteed off the grid, however we know where we find signal in case you want to call home in the middle of your adventure.

The devices we normally carry on each trip:



The spot trace device makes all of our expeditions trackable over the satellite back in our HQ.



The spot connect allows us to send our safe check-in coordinates via email – it can also send an alert to the HQ in case help is needed.



Our GPS devices keep us on track; they also help us track our speed and the group performance, which helps us set the pace and decide on when and where to stop for lunch breaks.

The more sophisticated devices we keep for the tougher trips:



Walkie talkies help the team stay connected; they use up a lot of batteries, and it's complicated to drive through the checkpoints with them nowadays.

We use them depending on the nature of the trip and its logistics.



Our Thuraya Satellite Phone is what enables us to make phone calls anywhere around the globe.

1 minute costs 1.5 USD.



Our 2nd Thuraya device helps us get an internet connection anywhere around the globe.

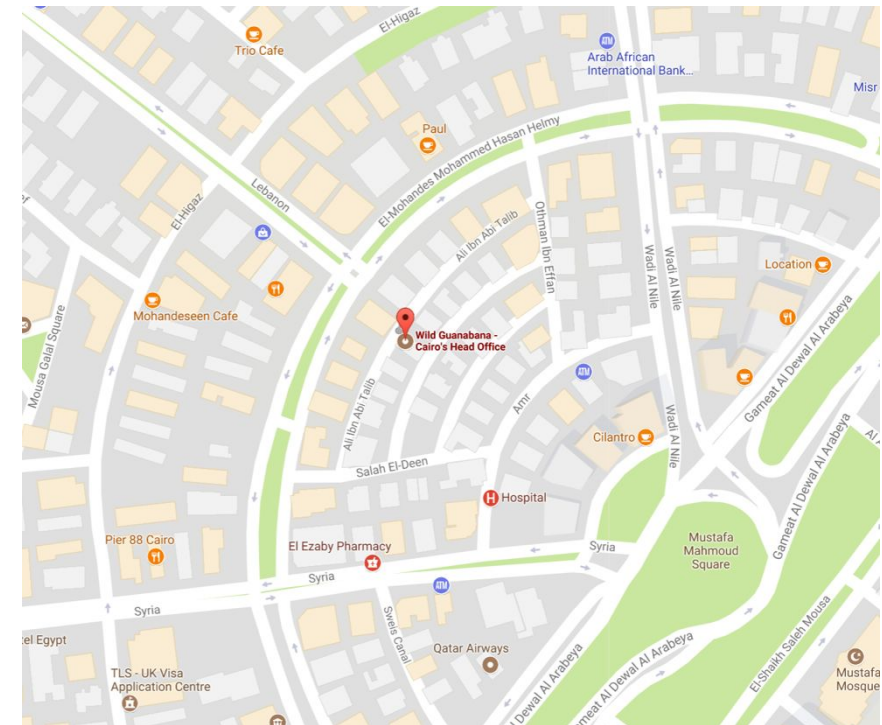
SNACKS

- Snacks are a handy type of food you can treat yourself to while on a hike, on a bus ride, on a kayak, etc.
- Although chocolate might give you a slight rush to begin your hike, it won't last very long as it'll cause your blood sugar to spike as soon as you eat it. Then, according to Precision Nutrition Coach Kelvin Gary, your body spreads out insulin to get the sugar out of your blood and into your tissues, causing your energy levels to crash. Exercise also sends the sugar to your muscles, which might cause a double energy crash, leaving you wanting to go back down the mountain instead of up.
- Ex. **Hershey's Special Dark Chocolate Bar** has a whopping 31 milligrams of cocoa beans, almost as much as a can of Coke!
- Since cramps can be brought on by dehydration, we suggest staying away from caffeine as it tends to dehydrate the body.
- It's ideal to pack dried fruits, cereal bars, dates, nuts – all these natural goodies will help maintain your energy at a consistently high level through the activity you are doing.
- We recommend that you either pack your snacks in a zip-lock bag or in a Tupperware container.



INFO SESSION

- At least one week before the trip, we'll be hosting an info session where you'll get to meet with the WG team who will be leading your adventure.
- This session is intended to answer all your questions, make sure you are well geared up, and to give you the chance to meet with the WG team and your adventure partners, so we would highly appreciate your presence.
- The info session will be held online. Its time and date are yet to be announced.
- Our office is located at 7 Ali bn Abi Taleb Street, Mohandiseen. It's off of Syria Street, right behind the Salam International Hospital. You can easily find our location on Google Maps.



BOOK YOUR SPOT

EGP 4800

Get in touch with the team for more details:

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