

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on this trek. We have tried to pare down this kit list to the absolute must-haves for your trek, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

## RUCKSACKS AND BAGS

- ☐ Day sack 25-30L
- ☐ Large Rucksack/Duffle bag
- ☐ Waterproof liner/dry bag

## SLEEPING

- ☐ 3 to 4 seasons sleeping bag (if you feel the cold go for 4 season or add a fleece liner)
- ☐ Sleeping mat/Thermarest – (self-inflatable camping sleeping mat)
- ☐ Fleece Sleeping bag liner\*

## FOOTWEAR

- ☐ Walking boots with ankle protection. Must be waterproof and sturdy for rocky/wet terrain
- ☐ Hiking socks (clean set for each trekking day)
- ☐ Trainers for evenings
- ☐ Spare laces\*

## CLOTHING

- ☐ Hardwearing waterproof and breathable jacket GORE-TEX
- ☐ Waterproof over trousers
- ☐ Fleece top – very cold at night
- ☐ Wicking t-shirts (short and long) for trekking days
- ☐ Down Jacket for evenings
- ☐ Light mid layer (for trekking days, can get cool at high points)
- ☐ Trekking trousers (not jeans)
- ☐ Long-sleeved shirt

- ☐ Casual comfortable clothes for around camp
- ☐ Wide-brim sun hat/cap
- ☐ Gloves
- ☐ Thermals if you feel the cold for evenings
- ☐ Underwear light and loose
- ☐ Hiking shorts/Leggings\*

## GENERAL TREKKING EQUIPMENT

- ☐ LED Head torch plus spare batteries
- ☐ Water bottles/bladder min 2l
- ☐ Sunglasses
- ☐ High energy snacks (tracker bars, dried fruit, chocolate, nuts)
- ☐ Plastic bags/zip lock for keeping clothes and docs dry
- ☐ Lunchbox for pack lunches
- ☐ Walking poles
- ☐ Camera\*
- ☐ Ear plugs\*
- ☐ Gaffa tape\*
- ☐ Portable Power Bank

## SMALL FIRST AID KIT

- ☐ Your own medication
- ☐ Pain killers
- ☐ Plasters
- ☐ Zinc oxide tape
- ☐ Blister pads such as Compeed
- ☐ Antiseptic wipes and gel
- ☐ Diarrhoea tablets
- ☐ Dextrose tablets for extra energy\*
- ☐ Rehydration sachets
- ☐ Deep heat\*
- ☐ Knee Supports

## TOILETRIES

- ☐ Personal toiletries
- ☐ Towel/travel towel
- ☐ Tissue/toilet paper
- ☐ Sunscreen (min factor 30), Aftersun/moisturiser
- ☐ Talcum powder\*
- ☐ Anti-bacterial hand gel
- ☐ Lipsalve with sun protection

## DOCUMENTS

- ☐ Passport
- ☐ Visa (if needed)
- ☐ Tickets
- ☐ Photocopy of passport
- ☐ Cash in Euros
- ☐ Debit card\*
- ☐ Travel insurance

**KEY** \* Indicates Optional

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at **Outdoorhire**. They can hire really good quality outdoor equipment for weekends and often hiring a high quality piece of equipment is better than purchasing a cheap version

# MAKING THE MOST OF YOUR KIT

## PACKING

Your main luggage should be a holdall/duffel bag with good straps that can be easily carried rather than a suitcase, this makes it easier to transport in the transfer and to move around camp. We recommend keeping your luggage to 20kg, so don't overpack!

Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

Whilst we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches.

## CLOTHES

Temperatures can fluctuate so light layers are key (for warmth and protection from the sun), as well as a down jacket if it gets cold. Make sure that you wear and test your kit before arrival, particularly your hiking boots. Please make sure they are well worn in and the correct size. Feet swell at altitude and on long trekking days with steep descents, so allow room for this (1 size larger) and purchasing good trekking socks is key!

Please note that clothes labelled as "Water-Resistant" and "Shower Resistant" are NOT waterproof! Please ensure you purchase waterproof (eg Gore-Tex or similar) jacket and overtrousers as in the mountains the weather can change quickly.

## SLEEPING

Look for a sleeping bag 'Comfort Rated' as close to the anticipated minimum temperature for your trek. For this trek this should be between 10° and 2° C. If you particularly feel the cold then upgrade your sleeping bag to the next level eg. from 3 Season to 4 Season. Don't forget a fleece sleeping bag liner for extra comfort without taking up too much space in your pack.

A sleeping mat will also be required – a Thermarest-style inflatable mat is essential for comfort.

## HYDRATION

During exercise your fluid needs increase dramatically, and hydration is vital. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. Another alternative is a widemouth bottle with a drinking tube adaptor (click [here](#) for an example).

## HEALTH

Make sure you take a first-aid kit with you. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. Tape up your feet before trekking and this will reduce the chance of you developing hotspots. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck. Although you may feel cold, the sun will be stronger on the trek. Don't forget to take an SPF stick for your lips as well.

Hand hygiene is vital on trek, wash your hands thoroughly before eating and keep a bottle of anti-bacteria gel handy or dry wash gel for when water isn't available.