

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\*

## FOOTWEAR

- Walking boots with ankle protection. Must be waterproof and sturdy for rocky/wet terrain
- Hiking socks
- Trainers for evenings
- Spare laces\*

## CLOTHING

- Hardwearing waterproof and breathable jacket and trousers. GORE-TEX recommended
- Waterproof overtrousers
- Fleece top – very cold at night
- Wicking t-shirts
- Trekking trousers (not jeans)
- Long-sleeved shirt
- Wide-brim sun hat
- Gloves
- Hiking shorts\*
- Smart clothes for the celebratory meal\*

## GENERAL TREKKING EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 2l
- Sunglasses
- High energy snacks (cereal bars, dried fruit, chocolate, nuts)
- Plastic bags/zip lock for keeping clothes and docs dry
- Reusable lunch bag
- Walking poles
- Camera\*
- Gaffa tape\*
- Ear plugs\*

## SMALL FIRST AID KIT

- Your own medication
- Pain killers
- Plasters
- Zinc oxide tape
- Blister pads such as Compeed
- Antiseptic wipes
- Diarrhoea tablets
- Mosquito repellent
- Dextrose tablets for extra energy\*
- Deep heat\*
- Knee supports\*

## TOILETRIES

- Personal toiletries
- Tissue/toilet paper
- Sun screen (min factor 30), Aftersun/moisturiser
- Talcum powder
- Anti-bacterial hand gel
- Dry wash\*

## DOCUMENTS

- Passport
- Visa (if needed)
- Tickets
- Photocopy of passport
- Cash in Lek
- Debit / credit card\*
- Copy of 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 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.

## CLOTHES

Temperatures can fluctuate so light layers are key, 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.

## 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.