

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
- Trekking sandals or trainers
- 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
- Casual clothes for evening
- 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 (tracker bars, dried fruit, chocolate, nuts)
- Plastic bags/zip lock for keeping clothes and docs dry
- Walking poles*
- Camera*
- Contact lenses (plus spare glasses)*
- Gaffa tape for emergency repairs*
- Alarm clock/watch*
- Ear plugs*

SMALL FIRST AID KIT

- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic wipes
- Diarrhoea tablets
- Your own medication
- Deep heat*
- Knee supporters*

TOILETRIES

- Toothbrush, toothpaste, soap, babywipes, lip salve
- Shampoo/conditioner
- Travel towel
- Deodorant
- Tissue/toilet paper
- Aftersun/moisturiser
- Sun protection (min factor 30)
- Dextrose tablets for extra energy*
- Dry shampoo*
- Dry wash*

DOCUMENTS

- Passport
- Visa
- Tickets (given to you at the airport)
- Photocopy of passport
- Cash in Krona
- Debit card
- Travel insurance

KEY * Indicates Optional

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.