



This list is a general guide to the things you might take . your list will vary depending on the type of travel, weather conditions and time of year.

### **Clothing**

Hiking shoes, sandals  
socks and underwear  
Fleece jacket  
t shirts) and long sleeved t-shirt  
Pairs light weight trousers  
Pair shorts  
Fleece / warm sweater  
Sweatshirts / light sweater  
raining coat  
Swimming costume / bathing suits  
toiletries  
Swiss type of army knife  
Toilet paper, biodegradable soap/shampoo  
Personal medication.  
Sunglasses, sun hat and sun cream; lipbalm  
Spear plastic bags for wrapping clothes

### **Equipment**

daypack  
Water bottle  
Led head torch (flashlight) and spare batteries  
Blister kit (moleskin,tape scissors) on hand at all times  
Insect repellent (for lower elevations)  
Gaffer/duct tape for repairs

### **Optional equipment**

Camera, memory card and battery charger(or spare batteries)  
Smart phone or tablet/ kindle and charger (multicharger)  
Antibacterial gel or premoistened towelettes ( baby wipes)