

ESSENTIAL EQUIPMENT CHECKLIST

CORE GEAR:

- Trekking backpack (40-50L)
- Backpack rain cover
- Sleeping bag (Comfort rating: 0-20F)
- Sleeping mattress (R-value >3)
- Hiking boots/suitable trail runners
- Trekking poles
- GPS Watch (Garmin)
- Camping pillow (Inflatable)
- Personal tent (Shared tents provided)
- Stuff sacks/Dry bags (for waterproofing)

PERSONAL ITEMS:

- Headlamp (spare batteries)
- Microspikes
- Powerbank (=>10000mAh)
- Personal Medication
- Prescription Glasses / Contacts (if necessary)
- Passport
- Toiletries: Toothpaste, sanitiser, soap etc...
- Antibacterial Wipes
- 1 - 2x rolls of Toilet Paper
- Sunscreen (SPF 50) and SPF Lip Balm
- Cash and Card
- Printed E-Visa (if required)
- Phone
- Lighter

CLOTHING:

- Shirt 2x (Sun Shirts/longsleeve)
- Lightweight Hiking Trousers
- Hiking Socks 2x
- Underwear/Bras
- Mid-layer (e.g. fleece/soft-shell)
- Down Jacket
- Fleece Pants or Leggings
- Rain Jacket
- Sun Hat / Cap
- Beanie
- Buff
- Light to Midweight Gloves
- Sandals (for Camp and Rivers)
- Sunglasses

CITY GEAR:

- Lightweight clothing (for the hot cities, long-sleeve recommended to prevent sunburn)
- Additional toiletries (Conditioner/razor etc...)
- Guidebook
- Comfortable city shoes
- Duffel bag

