



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

