

Equipment List (recommended for all treks)

- 1 pair of waterproof gaiters / over trousers
- 1 sleeping bag (-10C) / (-20)
- 1 down jacket
- 1 light water- and windproof jacket
- 1 water bottle
- 1 torch / flashlight and spare batteries
- 2 long sleeve cotton shirts
- 1 medium-size towel
- 1 pair of sports shoes / sandals
- 2 pairs of light-weight trousers
- 1 fleece / warm sweater
- 2 T-Shirts
- 2 pairs of light socks
- 3 pairs of heavy wool socks
- 1 warm hat
- 1 pair of sunglasses
- 1 sun hat
- Trekking poles
- Personal toiletries – soap/shampoo, toilet paper etc.
- Pills or tools for water disinfection