



PACKS & BAGGAGE

- Duffle Bag
- or Trekking Backpack
- Expedition Duffle Bag
- Day Trekking Backpack
with rain cover

ESSENTIAL PERSONAL GEAR

- 0F \ -17C Sleeping Bag
- Inflating Sleeping Pad
- Inflatable Camp Pillow

SPECIALTY EQUIPMENT

- Trekking Poles
- Headlamp
- Grayl Filter Bottle
- 1L Nalgene bottle
- Ultralight backpacking tent
- Mug
- Spoon
- Bowl

BOOTS & FOOTWEAR

- Waterproof Hiking boots
- Camp Shoes
- Sandals/Tevas/Keens

OTHER PERSONAL GEAR

- Dry Bags (optional)
- Sunglasses
- Personal First Aid Kit
- Power Bank
- Chargers/Phone Cable
- Snacks
- Universal power adapter

TOILETRIES

- Toothbrush, Toothpaste
- Biodegradable Soap
- Deodorant
- Sunscreen
- Fast Drying Microfiber
Travel Towel

CLOTHING LAYER SYSTEMS

- Clothes for the city
- Down Jacket
- Hard Shell/Rain Jacket
- Fleece
- 2-3 Hiking T-shirt
- 2 Lightweight trekking Pants
- 3-4 Merinos Trekking Socks
- 1 Base layer Bottom
- 1 Base layer Top
- Hat for sun protection
- Beanie
- Buff and Bandana
- Gloves LightWeight
- Underwear / Bras