



PACKS & BAGGAGE

- 20-30 liter backpack
- Duffel bag 60 liter

BOOTS & FOOTWEAR

- Trekking Boots
- Sandals/Tevas/Keens

HIKING EQUIPMENT

- Trekking poles
- Headlamp
- 1L Nalgene bottle
- Grayl Water Purifier Bottle (optional)

OTHER PERSONAL GEAR

- Sunglasses
- Personal First Aid Kit
- Universal power adapter
- Chargers/Phone Cable

TOILETRIES

- Toothbrush, Toothpaste
- Sun Cream (50 spf+)
- Soap, Shampoo,...
- Deodorant

CLOTHING SYSTEMS

- Travel and city clothes
- Rain jacket
- Down jacket
- 2-3 Hiking T-shirt
- 2 Lightweight trekking pants
- 3 - 4 Lightweight merino Socks
- Underwear/Bras
- 1 Lightweight base layer top
- Hat for sun
- Warm hat
- Light gloves
- Swim wear of your choice