



PACKS & BAGGAGE

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

ESSENTIAL PERSONAL GEAR

- 5C / 40F Sleeping Bag
- Inflating Sleeping Pad
- Inflatable Camp Pillow
- Compression Sack

SPECIALTY EQUIPMENT

- 2 Trekking Poles
- Headlamp
- Grayl Filter Bottle
- 1L Nalgene bottle *
- Lightweight Backpacking Tent
- Mug
- Spoon
- Bowl

BOOTS & FOOTWEAR

- Waterproof Hiking Shoes or
- Trailrunners with Gore-Tex
- Sandals/Tevas/Keens

OTHER PERSONAL GEAR

- Sunglasses
- Personal First Aid Kit
- Power Bank *
- Chargers/Phone Cable
- Universal power adapter *
- Snacks
- Bum pad/camp seat *
- Ziplock plastic bag (for passport, phone, etc)

TOILETRIES

- Toothbrush, Toothpaste
- Sun Cream (50 spf+)
- Spf Lip Balm
- Biodegradable Soap
- Deodorant
- Wet wipes
- Travel Towel

CLOTHING LAYER SYSTEMS

- Clothes for the city
- Down or synthetic down Jacket
- Hard Shell/Rain Jacket
- Waterproof Pants
- 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
- Lightweight rain pants
- Swimsuit
- Hiking shorts
- Fleece

* Optional