



PACKS & BAGGAGE

- ☐ [Expedition Duffel Bag](#)
or [Trekking Backpack 70-80 Liter](#)
- ☐ [Day Trekking Backpack w/ rain cover](#)

ESSENTIAL PERSONAL GEAR

- ☐ [5C / 40F Sleeping Bag](#)
- ☐ [Inflating Sleeping Pad](#)
- ☐ [Inflatable Camp Pillow *](#)
- ☐ [Compression Sack](#)

SPECIALTY EQUIPMENT

- ☐ [a Pair of Trekking Poles](#)
- ☐ [Headlamp](#)
- ☐ [1L Nalgene bottle *](#)
- ☐ [Grayl Filter Bottle](#)
- ☐ [Mug](#)
- ☐ [Bowl](#)
- ☐ [Spoon](#)

BOOTS & FOOTWEAR

- ☐ [Waterproof Trekking Boots](#)
- ☐ Trailrunners with Gore-Tex
- ☐ [Sandals/Tevas/Keens](#)

OTHER PERSONAL GEAR

- ☐ [Sunglasses](#)
- ☐ [Personal First Aid Kit](#)
- ☐ Power Bank
- ☐ Chargers/Phone Cable
- ☐ Personal snacks
- ☐ Universal power adapter *
- ☐ [Bum pad/camp seat *](#)
- ☐ Ziplock plastic bag *
(for passport, phone, ...)

TOILETRIES

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

CLOTHING LAYER SYSTEMS

- ☐ Clothes for the city
- ☐ 1 [Rain Shell Pants *](#)
- ☐ 2 [Trekking Pants](#)
- ☐ 1 [Fleece](#)
- ☐ 2-3 [Trekking T-Shirts](#)
- ☐ 1 [Base Layer Top](#)
- ☐ 1 [Base Layer Bottoms](#)
- ☐ 1 [Mid weight Down Jacket](#)
- ☐ 1 [Hard Shell/Rain Jacket](#)
- ☐ 1 [Gloves Light Weight](#)
- ☐ 1 [Hat for sun protection](#)
- ☐ 1 [Beanie](#)
- ☐ 1 [Buff and Bandana](#)
- ☐ 3- 4 [Merinos Trekking Socks](#)
- ☐ 5 [Underwear / Bras](#)
- ☐ 1 Swimsuit
- ☐ [Hiking shorts](#)

* Optional

GEORGIA | THE CAUCASUS MOUNTAINS