



PACKS & BAGGAGE

- ☐ [20-30 liter backpack](#)
- ☐ [Duffel bag 60 liter](#)

BOOTS & FOOTWEAR

- ☐ [Trekking Boots](#)
- ☐ [Sandals/Tevas/Keens](#)

SPECIALTY EQUIPMENT

- ☐ [Trekking Poles](#)
- ☐ [Headlamp](#)
- ☐ [Grayl Filter Bottle *](#)
- ☐ [1L Nalgene bottle](#)

OTHER PERSONAL GEAR

- ☐ [Sunglasses](#)
- ☐ Power Bank
- ☐ Chargers/Phone Cable
- ☐ Personal snacks

TOILETRIES

- ☐ Toothbrush, Toothpaste
- ☐ [Sun Cream \(50 spf+\)](#)
- ☐ Soap, shampoo
- ☐ Deodorant

CLOTHING LAYER SYSTEMS

- ☐ Travel and city clothes
- ☐ [Lightweight Hiking Pants](#)
- ☐ [Fleece](#)
- ☐ [Lightweight Base Layer Top](#)
- ☐ [Hiking Shirts](#)
- ☐ [Down Jacket](#)
- ☐ [Rain Jacket](#)
- ☐ [Gloves Light Weight](#)
- ☐ [Sun Hat](#)
- ☐ [Warm Hat](#)
- ☐ [Buff and Bandana](#)
- ☐ [Lightweight merino Socks](#)
- ☐ Underwear / Bras
- Swim wear

* Optional

MADEIRA: LOST WORLD OF EUROPE