

	#	Comments and recommendations	Available for Rent
Clothing			
Rain jacket	1	Water and windproof jacket with hood	
Insulated jacket/vest	1	Down, synthetic or fleece	
Heavy base layer	1	Fleece jacket or heavier wool sweater	
Base layer top	1-2	We recommend wool	
T-shirt	1	Wool or synthetic with short or long sleeves	
Rain pants	1	Waterproof pants for heavy rainfalls	
Hiking pants	1	Comfortable and quick drying pants	
Base layer bottom	1	We recommend wool	
Underwear	2-3	We recommend wool or synthetic	
Socks	3-4 pair	We recommend wool socks	
Gloves	1 pair	Preferably water and wind resistant	
Hat	1	A thinner hat for colder days and nights	
Equipment			
Backpack		About 80 liters	x
Drybag		To waterproof clothes and gear	x
Hiking boots		With ankle support	
Camp shoes		Crocs or sandals	
Sun hat		Sun hat or baseball cap	
Sunglasses		With UV protection	
Sun block		Small tube with high factor.	
Headlamp		Only to read books in the evening	
Water bottle		About a liter in total	x
Eating kit		Bowl and spoon	x
Toiletries		Toothpaste, toothbrush, lip balm, ear plugs, sanitary products	
Medicines etc.		Prescription medication and favorite painkiller	
Optional			
Sport bra		Wool or synthetic	
Scarf/buff/balaclava		Fleece or wool	
Mosquito head net		Recommended if you are sensitive to bugs	
Insect repellent		Small bottle	
Small towel		For quick bath in the lake	
Trekking poles		Strongly recommended	x
Wind jacket		Protect you from mosquitos and keep you warm on cold days	
Gaiters		Keep dirt out of your hiking boots	x
Sit pad		To sit on during brakes. You can also use backpack	x
Camera		Free souvenirs	

Binoculars	Lightweight	
Phone	In most places you will NOT have reception	
Pack bags	To organize your clothes and things	
Thermos	Smaller size	x
Map and compass	We recommend Calazo waterproof maps	

Included in the price

Camping gear Tent, sleeping bag, sleeping pad

The guide will also bring food, cooking gear, first aid kit, repair kit and communication device