

Equipment	#	Comments and recommendations
Upper body		
Jacket	1	Waterresistent and windproof with hood.
Insulated jacket/vest	1	Down or syntetic
Heavy base layer	1	Wool or fleece
Base layer	1	Wool or syntetic
T-shirt	1	Wool or syntetic
Lower body		
Rain pants	1	Water and windproof pants.
Hiking pants	1	Durable pants
Base layer	1	Wool or syntetic
Underwear	2-3	Wool or syntetic
Hands, feet and head		
Gloves	1 pair	Preferably water and wind resistant
Hiking shoes	1 pair	Hiking boots with ankle support
Socks	3-4 pairs	Wool, for hiking we recommend wool liners+wool socks
Indoor shoes	1 pair	Crocs or sandals
Hat	1	Wind resistant
Sun hat	1	Baseball cap or similar
Neck gaiter	1	Buff
Hiking, sleeping, cooking		
Backpack	1	About 50-60 liters
Drybag	1-2	To waterproof clothes and gear
Miscellaneous items		
Sun block		Small tube with high factor.
Headlamp		A lightweight headlamp
Waterbottle		About a liter in total
Toiletries		Toothpaste, toothbrush, lip balm, ear plugs, sanitary products
Medicines etc		Prescription medication and favorite painkiller
Small towel		Travel towel is nice to have
First aid		Band aids, a roll of tape and blister band aids
Optional		
Sport bra		Wool or syntetic
Vest		Wool, fleece or syntetic
Wind jacket		Lightweight

Gaiters	Keep dirt out of your hiking boots
Camera	Free souvenirs
Binoculars	Lightweight
Trekking poles	Safe your knees
Pack bags	To organize you clothes and things
Map and compass	We recommend Calazo waterproof maps

Always use your own judgement on what to bring depending on your condition

The price include

Safety equipment	Tarp/tent for emergency
Campng equipment	Travelsheets, sleeping bag, sleeping pad, tent (night 3)
Cooking equipment	Stove, coffeepan, teapan, knife, plate, spoon, mugg

The guide will also bring GPS, communication device, first aid and repair kit

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