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# Packing List for Trek

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## TECHNICAL CLOTHING

- Down parka
- Warm fleece jacket
- Comfortable trekking boot (we like lowa)
- Lightweight shoes
- Rain gears
- 4 pair trekking socks
- 2 long sleeve capilene shirts
- 2 capilene bottoms (mid & heavy weight)
- 2 trekking shirts (non-cotton is best!)
- Trekking pants (zip off shorts are nice)
- 1 pair shorts
- 1 bandana
- Warm gloves
- Flip flop (or similar camp shoes)
- Warm hat
- Sun hat
- 2 pair sunglasses

## EQUIPMENT

- Small daypack
- Waterproof duffel for gear
- Warm sleeping bag (negative 8-10 degree celcius)
- Trekking poles
- Mud guard
- Headlamp and a normal torch
- Camera and extra batteries
- Earplugs
- 2-liter water bottle (if camelback, bring also a nalgene)
- Insulated drinking mug
- Small towel
- Rain gears
- Various size plastic bags to keep gear dry and separate

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## OTHERS

- Anti bacterial hand gel for disinfecting hands
- Medical kit that includes – aspirin, motion sickness tablets, cough drops, diamox, bites/ burn cream and small bandage.
- Lightweight toilet articles (shampoo, soap-travel size)
- Sunscreen, lip screen and insect repellent
- Water purification tablets (iodine or chlorine)
- High calorie snacks and energy bars
- Prescription medications
- Some books to read at camp