

Trekking Equipment Guide

Clothes & Shoes

comfortable (worn in) trekking shoes
slip on shoes (for campsite)
warm fleece jacket
waterproof jacket
hiking trousers
jumper
hiking shorts
long shorts (female)
T- shirts
underwear
sun hat
gaiters
socks

When Trekking in Cooler Months

woolen hat
scarf
windbreaker
thick trousers
thermal underwear
heavy woolen socks
warm gloves

Other Essential Items

quality sleeping bag
small backpack
torch, batteries & torch headlamp
camera & batteries
binoculars
sunglasses
sunscreen/moisturizer
towel/soap
toilet paper
toiletries eg. toothbrush
mosquito repellent
first aid kit
any required medications, aspirin etc
iodine tablets (water purifying device)
sewing kit
Antiseptic hand gel for use without water

Optional

extra sleeping mat - Thermarest self inflatable
(if bringing airbed also bring inflation device)

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