

Recommended Gear List

Clothing

Day pack (30-40 litre is ideal)
Waterproof pack cover for day-pack
Walking/trekking boots, medium weight, ankle height (worn-in, not brand new!)
Sturdy running/walking shoes for when not trekking
Good quality walking socks (5)
Underwear (5)
Under garments, Icebreaker, Thermatech or similar (2 each of leggings and tops (short or long sleeve))
Shorts (2) (cultural sensitivity dictates that women's shorts should not be brief, and must be to knee length)
Trousers/trackpants (1)
Short or long sleeve shirts (3)
Heavyweight fleece sweatshirt
Rainproof parka (breathable fabric)
Down Jacket
Warm hat (fleece or woollen, or balaclava if preferred)
Sun hat (all round brim preferred); sunglasses
Gloves (Windstopper or similar) (1 pair)
Optional:
Pack liners for day pack and kit-bag; plastic bags
Scarf for neck protection
Neck warmer
Over gloves

Sleeping

Warm nightwear
Sleeping bag, 3 season minimum, preferably down
Sleeping bag liner
Optional:
Travel pillow/pillow case

Other

LED torch plus spare batteries; a head torch is ideal
Optional:
Trekking poles
Power/energy/choc bars or similar
2-3 litre Platypus/bladder to drink from
Stuff bags to pack clothes in

Hygiene

Wet wipes, for body washing
Towel & Toiletries
Sunscreen and lip balm
Personal medication
Optional:
Washing line/rope