



Clothing and Equipment

Checklist

PACK LIGHTLY! – You'll find it much easier and more comfortable to travel if you do. Due to the small group nature of our trips, luggage space is always at a premium. Please limit your luggage to one medium-large suitcase per person or one large rucksack. If you do bring a second suitcase with you, it is likely that you will be required to leave it at your arrival hotel and have it shipped separately at your cost to other destinations. For any trips including a helicopter flight, luggage weight is strictly limited to 25 lbs per person.

Your guide will be carrying a full emergency and first-aid kit. You will need to bring your own daypack and personal clothing. Cotton clothing is NOT recommended as an insulating layer as it causes rapid heat loss when wet.

GEAR

- **HIKING BOOTS/SHOES** These should be 'broken-in' and have good ankle support and tread. Your boots will make or break your holiday so some time spent getting used to them is time well spent.
- **DAYPACK** Large enough to carry extra clothing (rain jacket & pants, sweater, gloves, hat), lunch and snack food, water bottle and camera plus accessories.
- **SUNGLASSES**
- **WATER BOTTLE** (1 Litre)
- **SMALL BLISTER & FIRST AID KIT**
- **SUN BLOCK & LIP BALM**
- **INSECT REPELLENT**

WALKING CLOTHING

- **HAT** Wool or Fleece
- **SUNHAT**
- **2 LIGHT TOPS** or undershirts. Light weight synthetic or wool
- **2 SHIRTS** Light to medium
- **2 T-SHIRTS** for warm, dry sunny days
- **FLEECE JACKET** or sweater
- **RAIN JACKET** with **HOOD** sufficient to withstand a day of rain or snow
- **GLOVES** or light **MITTS**
- **SOCKS** several changes. We suggest a wool blend for comfort.
- **SHORT PANTS** can be very comfortable for hiking; they should be quick drying, and preferably not cotton.
- **HIKING PANTS** comfortable and quick drying, not cotton
- **RAIN PANTS** sufficient to withstand a day of rain or snow
- **RUNNING SHOES OR OTHER LIGHT WEIGHT FOOTWEAR** (backup in case you get blisters).

APRÈS ACTIVITY CLOTHING

Clothing for non-walking days or for evenings in town should be light and comfortable. You will be able to enter any restaurant or establishment in casual clothing. Soft soled shoes are more appropriate than hard soled shoes.

OPTIONAL GEAR

TREKKING POLES
CAMERA