

## Suggested Kit List for a Trekking Holiday

Item	Comments
Rucksack – 40L	
Waterproof kitbag – 100L	Mountain Equipment - padlocks
Waterproof liners	
Sleeping bag 4 season and liner	Mountain Hardwear
Walking boots	
Trail shoes	
Sandles	
Waterproof jacket	
Waterproof trousers	
Windproof fleece	
Microfleece	
Down Jacket	Optional
2 x L/S Expedition Shirts	
3 x base layer t-shirts	I use L/S base layers
2 x walking trousers	
5 x underwear	
5 x socks	
Swimming trunks	Useful when bathing
Mountain hat	
Sun hat	
Gloves	Windproof
High energy snacks	Isotonic drink sachets
<b>Hygiene</b>	Toothbrush & toothpaste, flannel for washing, soap (anti bacterial & bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, sun cream, wet wipes, dry wash, iodine tablets, lozenges, dioralyte Travel towel
<b>Equipment</b>	Camera & spare baterries
	Walking poles
	Binoculars
	High altitude sun glasses
	Hydration system + 1 x 1L Sigg bottle
	Washing line + pegs or safety pins
	Head torch + spare batteries
	First Aid Kit – we'll share one – compeed

	blister pads
	Plastic bags for laundry
	Insect repellent
<b>Drugs</b>	Diamox – Dexmethasone – Inhalers – Ciproxin – Amoxcyllin - CoDyramol
<b>Entertainment</b>	Uno, i-pod, books, notebook
<b>Note:</b>	It is normally possible to leave a bag in your arrival/departure city hotel with clean clothes for post trek activities