**RECOMMENDED EQUIPMENT**

* Trekking Day pack
* Towel (fast drying microfiber)
* Headlamp with extra batteries
* 2 water bottles (2lt capacity)
* 1 pair of trekking shoes
* 1 pair of snickers
* 1 pair of snickers to get wet
* Various socks
* Windbreaker or Waterproof jacket (third layer)
* First layer
* Sunglasses
* Sunscreen (30 SPF or more)
* Short pants
* Long pants
* Swimwear
* Bandana
* Sleeping bag
* Underwear
* Pencil & notebook