

# GEAR LIST



## DAILY USE

- Head Lamp
- Sun Hat
- Sun Glasses
- Sun Block
- Personal Hygiene Items
- Personal medication if needed
- Small Towel
- Trekking shoes and comfortable shoes for the night

## CLOTHING

- 2 Top and Bottom Base Layer (AVOID Cotton)
- Waterproof breathable jacket
- Waterproof pants
- 1 or 2 Warm Fleece or Polar
- 2 Quick-Drying Hiking pants
- Swimsuit

## FOR SLEEPING

- Sleeping Bag -2° to -8° Celsius
- Termarest Mat (we have some if required)
- Comfortable Clothe for Sleeping
- Wool or Thermal Socks
- Warm Hat or Scarf

## PERSONAL OPTIONAL

- Camera
- Neopren or biking Gloves for kayak day
- Extra small 10L. to 20 L. dry bag
- Walking sticks

Consider that we will provide: 1 (20 Liter) dry bags each

1 Bottle of water of 1 Liter each

Neoprene Booties & Wet sut (farmer style) for kayak activity

All safety equipment for your kayak