



Packing list for your multi-day tour

Hiking Gear

- Tent
- Sleeping pad
- Sleeping bag
- Stove, fuel & cookware
- Water bottle(s)
- Food for all hiking + buffer days
- Small Repair-kit
- Trekking poles (optional)

Wash bag & emergency kit

- First Aid kit
- Personal medication
- hand sanitizer
- microfiber towel
- Sun cream
- Toros brush
- Tool paste / -tablets
- Soap (Biodegradable)
- Toilet paper
- Garbage- / Zip-bag
- (Toilet) Spade
- Insect spray/head net (optional)
- Multi-tool (optional)

Notes

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Cloth

- Hiking shoes / -boots
- Baselayer (eg. Thermal underwear)
- Midlayer (z.B. Fleece)
- Hardshell (z.B. Rain- / wind jacket)
- Hiking socks
- Sunglasses
- Cap
- Rain pants (or poncho)
- Water-shoes for river crossings (optional)
- Camp sandals/flip-flops (optional)
- Warm hat
- Buff
- Gloves

Electronics

- GPS device and/or map
- Emergency transmitter (a must for remote hiking trails without phone reception)
- Phone
- Phone charger
- Powerbank
- Camera (optional)
- Camera charger (optional)
- Batteries for Camera (optional)
- E-Reader (optional)
- Journal (optional)

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