

# TREKKING/HIKING CHECKLIST

- Backpack with sturdy straps
- Small daypack
- Trekking/hiking shoes
- Cotton/woolen socks (sufficient numbers)
- Dry-fit hiking pants with (zippered) pockets
- Full/half sleeve dry-fit/cotton tees (sufficient numbers)
- Jackets (fleece/down/thermal)
- Thermal inners/woollen caps/hand-gloves/balaclava
- Waterproof hand-gloves/rain jacket/poncho
- Sunglasses with UV protection, cap/hat
- Trekking pole
- Chapstick/lip balm/moisturiser/sun screen lotion
- Thin, lightweight towel
- Water bottle/thermos
- Personal medicine kit
- Toiletry and personal hygiene kit (minimal & essential)
- Headlamp with extra batteries
- Basic repair kit
- Coffee mug/spoon/plate/lunch box
- Light snack/energy bars/chocolates/etc
- Ziplock/plastic bags for wet cloths/trash/etc