
PACKING TIPS

ITEMS PROVIDED

- Day back pack
- Walking poles and leg gaiters (optional)
- 2 x water bottles - 1 x 1L + 1 x 1.5L
- Shampoo, conditioner, body wash, moisturiser, sun cream, bug spray

LUGGAGE

- Please bring a duffel style bag (ideally water resistant) with a max. weight of 12kg. We recommend packing a plastic bag incase you have any wet clothes. Please label your bag with a bag tag.

FOOTWEAR

- Hiking / trail shoes (ensure they have been worn regularly & recently)
- Comfortable camp shoes
- Thongs / flip flops for the communal showers (optional)

CLOTHING SUGGESTIONS

- Lightweight long pants and/or shorts
- Lightweight shirts
- Fleece jumper or similar
- Warm light weight insulated jacket
- Comfortable evening wear
- Rain jacket
- Swimmers for the hot tub
- If travelling in winter please come prepared for the cold including thermals, gloves, beanie, balaclava, bed socks, winter PJ's etc.

PERSONAL MEDICAL KIT

Our guides have a first aid kit however you may like to bring a small kit yourself as you will be in a remote area with no access to shops.

- Prescription medication
- Asthma puffer if required
- Ibuprofen/paracetamol/voltaren
- Antihistamine for allergies if prone
- Antacid for indigestion if prone
- Chafe cream

TOILETRIES

- Toothbrush, toothpaste and dental floss
- Hair brush and hair ties
- Nail brush
- Deodorant
- Lip balm with SPF
- Sanitary items
- Razor

OTHER

- If you prefer a hydration bladder you are welcome to bring your own (min 2.5l)
- Camera, phone charger, head torch, binoculars

Please note it can get cool in the mountains even if warm weather is forecast so come prepared for warm & cool weather.

