



Hiking gear check list

as from September 2007

Dear participants, dear trekking enthusiasts.

This list contains all the **recommended** equipment and necessary documents for the mule trekking trail.

For your convenience you can tick the appropriate boxes for everything you have packed already.

- Vaccination card plus copy (optional)
- Foreign travel and repatriation insurance policy
- Rucksack for carrying 6 - 8 kg yourself (can be rented in the shop)
- Light "Thermarest" mattress, if available, otherwise an ordinary iso-mattress will be supplied
- Sandals e.g. for crossing rivers
- Trekking shoes (light mountaineering boots) with good deep-tread soles, covering the ankle – for proper support – and worn in well
- Telescope sticks, if available

- Light windcheater, air and watertight
- Sweater or jersey (fleece shirt)
- Short-sleeved shirts / T shirts
- Trousers (trekking pants)
- Comfortable leisure pants which can double as insulation or as hiking pants
- Shorts / Bermudas
- Bathing costume
- Underwear
- Socks

- Bottle to drink from, 2-3 litres
- Sun hat
- Sunglasses in a shatterproof case
- Sun lotion and lip balm (recommendation: PF 30)
- Toiletries (biodegradable soap), towel
- Toilet paper, handkerchiefs, wet wipes, ear plug material

- Miner's lamp with spare batteries (available in the shop)
- Cameras and lenses (with spare battery and enough film)
- Binoculars

- Writing things
- If you wear glasses: pack a spare pair in a shatterproof case
- Your personal medicines
- Medication for indigestion, colds, coughs, headaches, cardiovascular troubles
- Electrolyte and/or mineral tablets (calcium and magnesium - optional), effervescent or for swallowing
- Plasters for blisters
- Insect deterrent
- Plastic or nylon bag for taking home dirty clothes and problem waste (e.g. batteries and aluminium foil)
- Micropure for sterilising water (optional)