

Packing list for hiking holiday

Hiking equipment:

- Day pack (small backpack with rain cover)
- Hiking boots (worn-in)
- Spare shoes (e.g. a good pair of trainers)
- Hiking socks
- Hiking pants (with room for movement)
- Shorts
- T-shirts
- Long-sleeved tops
- Warm top made of wool or fleece
- Rain gear
- Gloves and hat
- Cap/scarf against the sun
- Snacks
- Compass
- Trekking poles (NB: cannot be brought as hand luggage on the plane)
- A spork (combined spoon, fork and knife)



First aid kit:

- Blister plasters
- Normal plasters
- Support bandage
- Cleaning fluid
- Headache pills
- Sunblock
- Handkerchiefs
- Prescribed medicine
- Insect repellent



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Miscellaneous:

- Passport
- Medical card
- Flight tickets
- Purse/wallet
- Map and route description
- Vouchers and accommodation list
- Cash in local currency
- Mobile phone + charger
- Camera + charger
- Toiletries
- Underwear
- Spare clothes and shoes/sandals for the evening
- Sunglasses
- Swimming gear
- Lightweight towel
- Notebook and pen
- A good book and a deck of cards
- Binoculars
- Adapter (depending on where you are going)



Other things: