



# SUGGESTED PACKING LIST

## HEADGEAR

- brimmed sun hat
- sunglasses
- warm knit hat
- balaclava (optional)
- scarf (optional)
- neck warmer (optional)
- bandana (optional)

## HANDWEAR

- glove or mitt liners (optional)
- warm gloves or mitts (preferably water resistant)
- handwarmers (optional)

## FOOTWEAR

- hiking boots (waterproof with spare laces)
- trainers or sandals eg. Tevas (optional)
- sock liners (optional)
- hiking socks – thick, wool or synthetic with one warm pair for summit night (1 pair / day)
- gaiters

## CLOTHES

- T-shirts (1 – 2)
- long sleeved shirts (1 – 2)
- thermal top (long underwear) (1 – 2)
- warm long sleeved shirt (fleece or sweater) (2 - 3)
- soft shell or fleece jacket (1)
- warm jacket (eg. down) (1)
- water/windproof jacket (breathable with hood)
- OR
- poncho (1)
- shorts (optional) (1)
- lightweight trekking pants (1 – 2)
- thermal trousers (long underwear) (1 – 2)
- warm or insulated pants (eg. fleece) (1 – 2)
- water/windproof pants (breathable) (1)
- undergarments (1 pair / day)

## HIKING AND CAMP GEAR

- day pack (25 – 40L) with rain cover
- large pack or duffel (60 – 90L) for porter to carry your gear
- wide mouth water bottles (to carry min 3 L each day)
- water bottle insulator or thermos for summit night
- walking/hiking poles (optional)
- head lamp with spare batteries and bulb (or spare head lamp)
- sleeping bag (rated to -15C) +/- liner
- small pillow (optional)
- plastic bags to waterproof all your gear
- sleeping mat/thermarest (foam sleeping mat provided, but you may wish to bring your own)

## PERSONAL GEAR

- sunscreen
- chapstick with sunscreen
- toiletries
- wetnaps +/- hand sanitizer
- toilet paper/tissues
- brush and/or comb
- quickdry or travel towel
- bug spray
- sewing kit (optional)
- camera with extra batteries and memory cards
- pocket knife
- personal medications
- small personal first aid kit
- journal

## FOOD AND SNACKS (Optional)

- sports drink/flavoured crystals
- protein/granola bars
- water purification tablets (optional)
- trail mix, chocolate, dried fruit and nuts