



2017 Fundraising Treks Packing List

Hiking/Camping Equipment

- Backpack (large enough for all your kit with space left for food & fuel)
- Pack raincover
- Small daypack (optional)
- Tent suited to terrain, with guylines and repair sleeve
- Tent footprint (optional)
- Sleeping bag (3-season)
- Sleeping pad/mat
- Whistle
- Knife or multi-tool
- Compass (optional)
- GPS (optional)
- Waterproof map case (optional)
- Trekking poles (optional but recommended)
- Headlamp with spare batteries
- Water filter or purification tablets
- Matches or lighter
- Bowl, mug & utensils (for eating/drinking)

Clothing and Footwear

- Quick-drying long-sleeve shirt
- Quick-drying trekking trousers
- Quick-drying T-shirt (optional)
- Fleece jacket or vest, or insulated jacket or vest
- Waterproof/breathable rain jacket
- Waterproof/breathable trousers

- Bandana or Buff
- Sun hat
- Warm base layers & hat for sleeping
- Hiking boots or hiking shoes suited to rocky, mountainous terrain
- Socks (synthetic or wool) plus spares
- Sandals/flip-flops (for fording streams and relaxing in camp) or water shoes (e.g. Crocs)
- Swimwear (optional)

Personal Items

- Sunglasses
- Water bottles or hydration reservoirs (3 litres total capacity)
- Suncream
- Lip balm
- Toothbrush with cover and biodegradable toothpaste
- Biodegradable soap
- Toilet paper
- Hand sanitiser
- Women's hygiene items
- Wet wipes
- Spare eyeglasses or contact lenses
- Personal medication
- Plastic zip-loc bags
- Insect repellent
- Personal first-aid kit (optional)
- Quick-drying towel (optional)
- Mobile phone & backup power pack (don't rely on signal)
- Book/e-reader/diary & pen (optional)
- Camera (optional)
- Credit card
- Small amount of GBP/USD/EUR cash

Questions about equipment? Please contact us on info@transcaucasiantrail.org