



2018 Dilijan Fundraising Trek Packing List

Hiking/Camping Equipment

- Backpack (large enough for all your kit, with space for trail snacks and water)
- Pack raincover
- Lightweight waterproof one-person hiking tent, with guy lines and repair sleeve
- Sleeping bag (3-season)
- Sleeping pad/mat
- Whistle
- Knife or multi-tool
- Headlamp with spare batteries
- Water filter or purification tablets
- Matches or lighter
- Bowl, mug & utensils (for eating/drinking)
- Small day-pack (optional)
- Compass (optional)
- GPS (optional)
- Waterproof map case (optional)
- Trekking poles (optional but recommended)

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 (it *will* rain!)
- Waterproof/breathable rain trousers
- Bandana or Buff

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

- Trail snacks for 4 full days of hiking
- 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
- Plastic bag for trash
- Spare eyeglasses or contact lenses
- Personal medication
- Plastic zip-loc bags
- Insect repellent
- Credit card
- Small amount of GBP/USD/EUR cash
- Personal first-aid kit (optional)
- Quick-drying towel (optional)
- Mobile phone & backup power pack (optional, don't rely on signal)
- Book/e-reader/diary & pen (optional)
- Camera (optional)

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