



## 2019 Vayots Dzor Fundraising Trek Packing List

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### Hiking/Camping Equipment

- **Overnight backpack** (large enough for all your camping kit) containing:
  - Lightweight waterproof one-person/two-person hiking tent, with guy lines and repair sleeve
  - Sleeping bag (that you know will be comfortable down to 0°C/32°F)
  - Sleeping pad/mat
  - Water filter or purification tablets
  - Matches or lighter
  - Bowl, mug & utensils (for camp meals and drinks)
- **Day-pack** (big enough for trail snacks, water, extra layers, waterproofs & valuables) containing:
  - Whistle
  - Knife or multi-tool
  - Headlamp with spare batteries
  - Compass (optional)
  - GPS (optional)
- Trekking poles (optional but recommended)

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### 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 may 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 6 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 [armenia@transcaucasiantrail.org](mailto:armenia@transcaucasiantrail.org)**