



5-12 June 2022: “Four Gorges of Lori” Fundraising Trek Suggested Packing List

Hiking/Camping Equipment

- **Overnight backpack/duffel/holdall** (large enough for all your overnight/camping kit), containing:
 - Lightweight waterproof tent, with guy lines and pole repair sleeve
 - Sleeping bag (that you know will be comfortable down to 5°C/41°F)
 - Sleeping pad/mat (that you know will be comfortable down to 5°C/41°F)
 - Water filter/purifier or sterilisation tablets
- **Day-pack** (big enough for a packed lunch, trail snacks, water, extra layers, waterproofs & valuables), containing:
 - Emergency whistle
 - Knife or multi-tool
 - Headlamp with spare batteries
 - Compass (optional)
 - GPS (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 jacket or poncho (it may rain!)
- Waterproof/breathable trousers (it may also rain on your legs!)
- Bandana or Buff
- Sun hat or visor
- Warm base layers & hat for sleeping
- Waterproof hiking boots (recommended) or hiking shoes suited to rocky, mountainous terrain

- Hiking socks (synthetic or wool) plus spares
- Sandals/flip-flops or water shoes e.g. Crocs (for fording rivers and relaxing in camp)
- Swimwear (optional)

Personal Items

- Trail snacks for 6 days of hiking (trail mix ingredients can be found in Yerevan)
- Lunch bag or box (picnic ingredients will be provided at the start of each day)
- Sunglasses
- Water bottles or hydration reservoirs (3 litres minimum total capacity)
- Suncream
- Lip balm
- Toothbrush with cover and biodegradable toothpaste
- Biodegradable soap
- Toilet paper
- Hand sanitiser
- Female hygiene items (if applicable)
- Wet wipes
- Plastic bag for trash
- Spare eyeglasses or contact lenses (if applicable)
- Personal medication
- Plastic zip-loc bags
- Insect repellent
- Credit card
- Emergency cash (we recommend unmarked/undamaged USD/EUR notes for ease of exchange)
- Personal first-aid kit (optional)
- Quick-drying towel (optional)
- Mobile phone & backup power pack (optional; don't rely on cell signal)

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