



TRANSCAUCASIAN TRAIL

2025 Vayots Dzor-Syunik Fundraising Trek Packing List

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 (Optional)
- 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)

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)

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