

Your equipment will be checked by your guide at the start of the trip. You can use this checklist to help organise your equipment. Please contact us if you have any questions. We will be happy to assist you with gear selection or give you advice about purchasing equipment from retailers.

**REQUIRED PERSONAL CLOTHING & EQUIPMENT**

**BRING**

Hiking shirt	<input type="checkbox"/>
1x thermal underwear top (polypro or merino)	<input type="checkbox"/>
Waterproof shell jacket	<input type="checkbox"/>
Mid layer top (fleece or wind shirt/shell)	<input type="checkbox"/>
Waterproof shell pants	<input type="checkbox"/>
Shorts or trekking pants	<input type="checkbox"/>
Light weight gloves (polypro or fleece)	<input type="checkbox"/>
Sunhat	<input type="checkbox"/>
Warm hat or beanie	<input type="checkbox"/>
Sunglasses	<input type="checkbox"/>
Hiking boots or shoes	<input type="checkbox"/>

**REQUIRED OTHER**

**BRING**

Food & snacks	<input type="checkbox"/>
Sunscreen	<input type="checkbox"/>
1 to 2 litres of water	<input type="checkbox"/>
Personal medication	<input type="checkbox"/>
Day pack large enough to carry food, water, & spare clothing	<input type="checkbox"/>

**OPTIONAL**

**BRING**

Camera	<input type="checkbox"/>
1x collapsable hiking pole	<input type="checkbox"/>