

## Equipment/Non-clothing:

- \* Backpack/Bag/Suitcase
- \* Day Pack (like a smaller backpack for carrying stuff)
- \* Sleeping bag (if you don't want to rent one)
- \* Pillow (not provided)
- \* Torch
- \* European plug converter (charging is available in most campsites)
- \* Camera
- \* Passport/ID card
- \* Pocket Cash
- \* Water bottle
- \* Compede- blister plasters. We will provide some, but having your own for the walking will be handy.
- \* Towel, fast drying recommended.
- \* Earplugs

## Clothing

- \* Non-chafing walking wear: combat style shorts not recommended. Sports leggings or shorts.
- \* Long trousers are helpful for chilly evenings
- \* Comfortable broken-in walking shoes
- \* Second pair of comfortable shoes (optional)
- \* Flip-flops/sandals
- \* Hoody/fleece for cold weather (the nights are chilly!)
- \* Poncho/Raincoat
- \* Quality walking socks: avoid cotton at all cost! fine wool is best, but expensive. Synthetic materials are equally as good.
- \* Hat
- \* Swimsuit

## Toiletries

- \* Sun Cream- high factor for your face