

GEAR

As you pack, please know that our luggage transfer company has a 15kg/33lb limit on each piece of luggage. They will charge you an additional fee if your bag is heavier than this.

Daypack

Find one that is comfortable - a little shoulder padding and a hip belt are really nice. It needs to hold warmer clothing, rainjacket, hat, sunscreen, sunglasses, some food and water.

Trekking poles are highly recommended. Even just one. If your poles are collapsible and fit in your checked luggage, no problem. If not, security is unpredictable as to their response to the poles. Trekking poles can usually be purchased in Sarria relatively inexpensively.

Trail shoes/ Boots

You will need a sturdy pair of shoes. You decide if you want the ankle support of hiking boots or prefer the lighter weight of trail shoes. Whatever you decide, buy them early (weeks ahead of time) and wear them often. You want to love these!

One water bottle/bladder; 800 - 1000ml; or 27-32 oz water bottle. OK to substitute one water bladder that fits in your pack. Especially if its hot, we need to be diligent about staying hydrated.

Waterproof pack cover

Head lamp-type flashlight—light weight; extra batteries

CLOTHING**Staying cool layers:**

Sports Bra/Sports Tank (2)

T-Shirt (2-3): Wicking/sun-protection shirts.

Shorts, skorts or lightweight long pants: (2) Quick-drying is nice.

Baseball/Sun hat, bandana; hair ties for long hair

Good sunglasses

Staying warm layers:

Lightweight layer/sun-protection: (1) long-sleeve wicking shirt

Mid-weight layer: (1) mid-weight long-sleeve wicking fleece/wool (at least 200 weight)

Warmest layer: (1) Fleece, fiberfill or down jacket with hood, ideally

Rain/wind jacket: (1) Sturdy, water and wind proof jacket with hood.

Warm fleece hat and fleece gloves

Wind/Rain pant: (1) Waterproof

Socks: (3 pairs) Wool or poly/wool blend (cotton can cause blisters)

(2 pairs) Light wool/poly liners. Please bring these even if you've never needed them before. Sometimes a longer hike takes its toll on feet and its good to have sock options.

Toiletries

Sunscreen

Insect repellent

Toothbrush, comb, brush, lotions etc. (Travel Size is best)

Medications

Extra glasses/contacts

Optional:

-Lightweight rain poncho - great in the rain but inconvenient in the wind.

(I pack both a rain/wind jacket and a lightweight poncho.)

-Casual, non-hiking clothes for after hiking.

-Non-hiking sandals/shoes to wear in the evening.

-Lightweight portable phone charger (if phone might use battery during a long day of walking)