**Rucksack;**

A good trekking rucksack, minimum 75 liters volume.\*

**Clothing;**

When choosing clothes, bear in mind that you need 3 layers: inner layer, middle layer and outer later.

Short underwear and a spare set.

T-shirt and spare t-shirt, wool or synthetic.

Long underwear pants and shirt and a spare set, wool or synthetic.

A sweater, wool or synthetic.

A pair of trekking pants.

Rain jacket or hard shell jacket.

Rain pants.

Mittens and/or gloves.

Warm cap.

Warm scarf.

Cap with sun shade.

Mosquito net.

**Footwear;**

Strong comfortable trekking boots with ankle support.\*

Two pairs of regular or thin trekking socks.

Two pairs of comfortable woolen- and trekking socks**.**

**Sleeping;**

Sleeping bag ( comfort 0°C to -5°C is recommended).\* Sleeping bag is included, but you can bring your own if you prefer.

Inflatable sleeping pad and repair kit.\* Sleeping pad is included, but you can bring your own if you prefer.

**Toiletries;**

Towel.

Soap.

Toothbrush and toothpaste.

**First Aid;**

Pain killers.

Personal medicine if you use medicine regulary. (please let us know what medicine you use)

Sunscreen (SPF 15+).

Lip balm with sunscreen.

Antihistamines if you are allergic. (please let us know what you are allergic to)

**Other items;**

Camera and batteries.

Energy bars and snacks.

Ski or trekking poles if you normally use such for trekking.

Sunglasses if you use such.

Two ½ litre bottles. The flexible bag type is the best.

\*A good tip is to have a trekking rucksack that fits you well (there are normally lots of possibilities for adjustments). And trekking boots worn in by you, so you do not get blisters.