

Personal Packing List

Items You Need to Bring

Mountain hiking requires preparation for all kinds of weather. Summer may bring hot days and chilly nights, while the off-season often comes with rain, fog, and sudden cold snaps. In the mountains, weather can shift several times a day, and the wind makes the cold feel even sharper. That's why it's essential to plan your gear carefully and be ready for change.

Transport & Storage

- ☒ Small backpack for daily walks and use in the vehicle (15–40L).
- ☐ Sturdy polyethylene bags (160–180L) for extra protection against dirt.
- ☐ Small pouches or garbage bags for packing and protecting belongings.

Clothing for Activities

- ☐ Comfortable clothing for horseback riding and hiking (lightweight, quick-drying pants, long-sleeve shirt or T-shirt, windbreaker).
- ☐ A set of warm clothing: fleece, windproof pants, windproof jacket.
- ☐ Thermal underwear (preferably two sets).

Equipment & Tools

- ☐ Sunglasses.
- ☐ Camping seat pad.
- ☐ Headlamp.
- ☐ Water bottle or thermos.
- ☐ Optional: camera or video camera, spare battery, tripod.

Footwear

- ☐ Lightweight spare shoes for use in the vehicle and around the campsite.
- ☐ Waterproof footwear (rubber boots, army boots, or high trekking boots; rubber boots are preferable).
- ☐ Trekking shoes or desert boots.

Clothing for Camping & Sleeping

- ☐ Comfortable clothing for relaxing at the campsite (pants, shirt, shorts, T-shirt).
- ☐ Warm hat (fleece or buff).
- ☐ Warm sweater or hoodie (fleece or wool).
- ☐ Headwear (cap or sun hat).

Hygiene & Health

- ☐ Hygiene essentials: lip balm, sunscreen, wet wipes, biodegradable toilet paper.
- ☐ Towels, shampoo, soap.
- ☐ Personal medications, such as: painkillers, antiseptics, antibiotics, antivirals, gastrointestinal remedies, multivitamins, rehydration salts, band-aids.

Before embarking on the tour, we recommend consulting a doctor, especially if you have chronic illnesses or other health concerns. This will help you avoid unpleasant situations and make your trip more comfortable.