

PACKING LIST

HIKING & WALKING TRIPS

HIKING & WALKING CLOTHING & GEAR

- Hiking boots
- Wool or synthetic socks (not cotton)
- Fleece jacket
- Wool or synthetic thermal base layer (not cotton)
- [Lightweight jacket](#)
- Wind/rain jacket
- Lightweight headband, hat or buff
- Hydration pack/bladder
- Waterproof backpack cover
- Flashlight/headlamp
- Camera and charger
- Binoculars (optional)
- Sunglasses
- Wide-brimmed hat
- Lip balm with SPF

LAUNDRY

Although laundry services are available for a fee (not included in your trip price) at many of the properties on our trips, we recommend confirming with your Trip Consultant on which amenities are available for your specific trip. It's also a great idea to pack a small amount of soap or detergent to do a quick wash in your room during the trip or bring enough clothes for the whole trip.

TRAVEL ESSENTIALS

- Luggage: 1 suitcase, 1 carry on
- Airline tickets/e-tickets
- Trek Travel meeting and departing details
- Important contact information
- Necessary medications
- Toiletries and personal items
- Hand sanitizer
- Personal identification
- Credit/debit cards
- Cash for incidentals and guide gratuities
- [Travel Protection confirmation](#) (if purchased)
- Cell phone and charger
- Passport (international travel)
- Photocopy of passport (international travel)
- Power adapters (international travel)
- Power converter (international travel)

PASSPORT REQUIREMENTS

As a general rule, passports should have at least six months of validity when traveling internationally. This means that your passport's expiration date should be at least six months after your final day of travel. If you have any questions or concerns, please talk with your Trip Consultant.

We recommend being prepared for all weather conditions to stay warm and keep cool. This includes bringing lots of layers! Start with a breathable synthetic shirt to layer under a vest, windbreaker, or jacket and avoid cotton fabrics while exercising – the absorbent qualities prevent wicking and insulate poorly when wet.

NON-HIKING CLOTHING AND GEAR

- Sun hat
- Swimsuit
- Non-hiking attire for activities in-town
- Rain gear
- Sweater/jacket for cool evenings
- Dinner attire: Casual Elegance*
(Reserve as well as luxury-level Signature

*What is casual elegance?

On Reserve trips and select Signature trips, women can bring skirts, dresses or dress pants and elegant or patterned tops. For men, khaki or dress pants and collared shirts or polo shirts are acceptable. Please do not wear shorts or athletic attire for social hours and dinners.

For most Signature and Discover trips, and most of our avid-category trips, your dinner attire is casual. Please keep in mind that casual attire in Europe can be more formal than in the United States. Please dress according to your destination, dining, and activities.

Please check your trip itinerary to bring extra gear or clothing for any extra activities that are planned, such as sea kayaking or sailing.

WHAT WE PROVIDE

- Walking poles (for rent)
- Trek Travel backpack (for rent)
- Trek Travel T-Shirt
- Trek Travel water bottles
- Luggage tags
- Snacks throughout your trip
- Sunscreen

PACKING TIPS

As a general guideline on what to pack for a walking or hiking tour, we suggest you arrive in the appropriate hiking attire on the first day of your trip with any extra gear you may need separate from your other luggage. We recommend traveling light and limiting your luggage to one carry-on and one checked bag. You also may want to leave extra space in your luggage for any items you may want to bring home from your destination. The Transportation Security Administration (TSA) website at www.tsa.gov is a great resource for a list of permitted and prohibited items, and tips for packing and travel. Let us help with your travel planning with our services and tips. [Learn More >>](#)