

# PACKING LIST

HIKING + WALKING TRIP

## HIKING + WALKING CLOTHING & GEAR

- Hiking boots (for mountain trips we recommend water-proof hiking boots with ankle support)\*
- Wool or synthetic socks (not cotton)
- Layers including fleece jacket, wool or synthetic thermal base layer (not cotton), [lightweight jacket](#) wind/rain jacket and water-proof pants
- Lightweight headband, hat and buff
- Hydration pack/bladder
- Waterproof backpack cover
- Sunglasses with UV protection
- Wide-brimmed hat
- Lip balm with SPF

**LAUNDRY** - Although laundry services are available for a fee 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 a good idea to pack a small amount of soap or detergent to do a quick wash in your room during the trip.

## TRAVEL ESSENTIALS

- Luggage recommendation: 1 suitcase, 1 backpack with waist belt
- Airline tickets/e-tickets
- Trek Travel meeting and departing details
- Important contact information
- Necessary medications, toiletries and personal items
- Hand sanitizer
- Travel water bottle
- Travel coffee mug
- Credit/debit cards
- Cash for incidentals
- [Travel Protection confirmation](#) (if purchased)
- Cell phone and charger
- Photocopy of passport (international travel)
- Power adapters (international travel)
- Power converter (international travel)
- Personal identification/passport

**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 WANT YOU TO BE COMFORTABLE!

We want you to enjoy every aspect of your trip, and that starts with the proper footwear. It's important that your boots fit well so we recommend heading to an outdoor shop for advice on the best boots for you. Please break them in beforehand to make sure your feet have had a chance to get used to them and they will be comfy for the duration of your trip.

## NON-HIKING CLOTHING & GEAR

- Sun hat
- Swimsuit
- Non-hiking attire for activities in-town
- Sweater/jacket for cool evenings
- Dinner attire: Casual-elegance\*

**WHAT IS CASUAL ELEGANCE?** - On Reserve trips and select Signature trips, women can bring skirts, dresses or dress pants and 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 U.S. 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\*
- Trek Travel backpack\*
- Trek Travel T-shirt (sent pre-trip)
- Trek Travel water bottle (or feel free to bring your own)
- Luggage tags
- Snacks throughout your trip
- Sunscreen

\*We have a limited number of hiking poles and backpacks available for use. We strongly recommend you bring your own.

**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](http://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 >>](#)

## JUST FOR FUN:

- Camera and charger
- Foldable sit mat
- Binoculars
- Lunch box