

PACKING LIST

HIKING & WALKING TRIPS

HIKING & WALKING CLOTHING & GEAR

Hiking backpack with adjustable waist belt
Hiking boots*
Wool or synthetic socks (not cotton)
Layers including fleece jacket, wool or synthetic thermal base layer (not cotton), lightweight wind/rain jacket and water-proof pants
Long-sleeve top with SPF
Lightweight headband, hat and buff
Hydration pack/bladder or refillable water bottle
Set of hiking poles (or use ours)
Sunglasses with UV protection
Wide-brimmed hat
Lip balm with SPF

TRAVEL ESSENTIALS

Luggage recommendation: 1 suitcase, 1 carry on
Airline or train tickets/e-tickets
Personal identification/passport, including photocopy for international travel
Trek Travel meeting and departing details
Important contact information
Necessary medications, toiletries and personal items
Credit/debit cards
Cash for incidentals and guide gratuities
Travel Protection confirmation (if purchased)
Cell phone and charger
Power adapters (international travel)
Power converter (international travel)

NON-HIKING CLOTHING & GEAR

Swimsuit
Camera (with charger/extra batteries)
Sweater/jacket for cool evenings
Non hiking attire for other activities and dinners

WHAT WE PROVIDE

- ✓ Trek Travel Tech Tee sent prior to trip (or opt out)
- ✓ Set of hiking poles
- ✓ Water bottle (or bring your own)
- ✓ Binoculars to share
- ✓ Luggage tags
- ✓ Assortment of daily snacks and nutrition (if there is a certain product you need, we recommend you bring it with you)
- ✓ Sunscreen & insect repellent

Packing Tips: As an added precaution against lost luggage, please pack everything you need for the first day's hike in your carry on.

Passport Requirements: Your passport should be valid for at least six months beyond your trip's end date. Additionally, please review your entry/travel requirements for your destination. We recommend checking your country's official government travel site for the latest information.

Layers, layers, layers! Be ready for any weather by packing layers and essentials like gloves, hat, rain gear, vest, and wind jacket.

Sustainable Travel: While we provide a water bottle and a day bag for you to keep, we always recommend bringing your own to limit waste. Other mindful packing choices include a travel coffee mug, travel utensil set, and reusable grocery bag.

Laundry and hotel services: Most trip properties offer laundry service for a fee, but check with your Trip Consultant for trip-specific laundry services. Bringing a little soap or detergent is handy for quick washes in your room. Please note that air conditioning may not be available in European hotels.

"Casual" versus "Smart Casual:" Casual attire includes comfortable, everyday clothing like jeans, shorts, t-shirts, and sneakers. Smart Casual attire is considered a step up from casual—polished but not overly formal. It's suitable for upscale restaurants or luxury hotels. Always consider your destination, dining, and activities when packing.

***Comfort is key:** Comfort starts with the right boots. We recommend waterproof hiking boots with ankle support. Make sure they fit well—visit an outdoor shop for advice—and break them in before your trip so your feet stay happy the whole way.

Just for fun! You may enjoy bringing your own pair of binoculars, a camera, or a foldable sit mat!