

Gear List for Trekking

Required

- **1 backpack (with rain cover , 25-35 liter size)**
- **1 pair hiking boots recommend Gore-tex lined (broken in prior to trip)**
- **1 set raingear – tops and bottoms (waterproof! Not water-resistant)**
- **1 lightweight fleece sweater or fleece vest**
- **1 mid-weight fleece sweater or soft-shell jacket**
- **1-2 pair synthetic hiking pants or shorts**
- **1-2 T-shirts - with wicking properties**
- **Several pair of underwear**
- **1 pair long pants**
- **1 long sleeve shirt**
- **2-3 pair hiking socks – Wool or wool-blend preferred**
- **1 pair extra shoes for wearing at the end of the day and in town (rifugios have slippers, but you may want to bring some sport sandals)**
- **1 hat with brim**
- **2 liter water bottle or hydration bladder**
- **Sun glasses**
- **1 pair trekking poles (optional)**
- **Small towel or microfiber sport towel, for use in the huts**
- **Headlamp**
- **Personal toiletries, such as toothbrush, toothpaste, deodorant, sun screen, razor, lip balm**
- **Light weight gloves**
- **Knit hat for cold weather**
- **Sleeping sheet liner**
- **Ear plugs for use in the mountain huts**
- **Sleepwear (for shared rooms or mountain huts)**

Optional Items:

- **Camera**
- **Compass**
- **Binoculars**