



## **Full generic kit list**

### **Baggage**

Large rucksack (min 65L)

Small rucksack (min 25L small enough for carry-on luggage)

### **Outdoor camping and hiking gear**

Water bottle (1L)

Dry bags (all sizes)

Mosquito net (single person)

Walking poles

Head torch

Plastic plate/bowl

Reusable plastic cutlery

### **Sleeping gear**

Sleeping bag (2/3 season)

Sleeping bag liner

### **Wash kit**

Quick dry travel towel

Quick dry travel face towel/cloth

### **Clothing and accessories**

Waterproof jacket

Waterproof trousers

Breathable T-shirts

Walking trousers

Long sleeved shirt

Walking shorts/zip off trousers

Wide Brimmed hat

Walking sandals

Thermal top

Thermal bottom

Fleece hat and gloves