

Item	#	Comments and recommendations
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Clothing

Rain jacket	1	Water and windproof jacket with hood
Warm layer	1	Down, synthetic or fleece
Base layer top	1	We recommend wool
T-shirt	1	Wool or synthetic with short or long sleeves
Rain pants	1	Waterproof pants for heavy rainfalls
Hiking pants	1	Comfortable, flexible and quick drying pants.
Underwear	2-3	We recommend wool or synthetic
Socks	2-3 pairs	We recommend wool socks
Thin gloves	1 pair	Preferably water and wind resistant
Hat	1	A thinner hat for colder days and evening.
Sun hat	1	Sun hat or baseball cap

Equipment

Backpack		About 45-50 liters
Drybag	1-2	Lightweight bags to waterproof clothes and gear
Hiking boots		With ankle support
Indoor shoes		Crocs or sandals
Sunglasses		With UV protection
Sun block		Small tube with high factor.
Headlamp		Lightweight
Toiletries		Soap, schampoo, toothpaste, toothbrush, lip balm, ear plugs etc
Medicines etc.		Prescription medication and favorite painkiller
First aid		Band-aids for small wounds and blister care

Optional

Earlier guests have also recommended

Sport bra		Wool or synthetic
Scarf/buff/balaclava		Fleece or wool
Wind jacket		Protect you from mosquitos and keep you warm on cold days
Small towel		For a very quick swim in the lake
Camera		With extra batteries
Binoculars		Lightweight
Phone		The reception will be limited
Pack bags		To organize your clothes and things
Trekking poles		Will save your knees and help you with balance
Knife		For cooking
Map and compass		We recommend Calazo waterproof maps