



Suggested Trekking Equipment

Head

- Sun hat or scarf
- Light balaclava or warm fleece hat
- Sunglasses

Upper Body

- T-shirt – x2
- Lights & expedition-weight thermal tops
- Fleece jacket and pullover
- Fleece wind stopper jacket (optional)
- Waterproof shell jacket
- Down vest and/or jacket (optional)

Hands

- Lightweight gloves
- Heavyweight gloves

Lower Body

- Underwear – x4
- Hiking shirt – x2
- Light weight cotton long pants
- Light & expedition-weight thermal bottoms
- Fleece or wool pants
- Waterproof shell pants

Feet

- Thin lightweight inner socks – x4 pair
- Thick warm wool hiking socks – x4 pair
- Hiking boots (with spare laces if possible)
- Camp shoes (sneakers or sandals)
- Gaiters