

EQUIPMENT LIST

Footwear

- ❑ **BOOTS:** Light hiking boots, make sure they are well worn in before your trek.
- ❑ **TRAINING SHOES:** for travel to and from Turkey, in the towns and around camp.
- ❑ **SOCKS:** 3 pairs of thin liner socks (polypropylene or coolmax) to be worn next to the skin. This reduces the incidence of blisters and hot spots. 3 pairs of thicker wool or wool blend socks.
- ❑ ***GAITERS:** useful if we encounter snow.

Clothing

- ❑ ***LIGHTWEIGHT THERMAL UNDERWEAR:** Tops (2), bottoms (1), polypropylene, capilene, coolmax, etc. Cotton not acceptable.
- ❑ **LIGHTWEIGHT WOOL OR FLEECE JUMPER:** (1)
- ❑ **FLEECE OR PILE JACKET:** (1).
- ❑ **TREKKING TROUSERS (eg: track suit bottoms, polycotton trousers)** (2)
- ❑ **SHORTS:** (2)
- ❑ **WATERPROOF JACKET:** Good stormproof mountain jacket with attached hood. Suggested Goretex, Sympatex or similar.
- ❑ **WATERPROOF TROUSERS:** Good stormproof trousers with side zips to knee. Suggested any Goretex, Sympatex, Sprayway Hydro-Dry, etc.
- ❑ **T-SHIRTS/POLO SHIRTS:** (3) capilene, dry flo or coolmax preferred for quick drying/high wickability. Have at least one with a collar to protect against sunburn. Manufacturers: Lowe Alpine, North Cape, Patagonia, etc.
- ❑ **LONG SLEEVED COTTON SHIRT:** with collar to protect arms and neck from sun burn
- ❑ **UNDERWEAR**
- ❑ **SWIMSUIT:** Hotels may have pools.

Headgear

- ❑ **SUN HAT:** Baseball cap or wide brimmed sun hat .
- ❑ **WOOL OR FLEECE SKI HAT**
- ❑ **HEADTORCH:** (Petzl recommended) - spare batteries and bulbs.
- ❑ **SUNGLASSES:** - essential to get a pair which cuts out 100% UV rays.

Mitts & Gloves

- ❑ **SYNTHETIC GLOVES:** 1 pair light weight fleece/wool/pile.
- ❑ **MITTS :** wool - Dachsteins or pile/pertex - Buffalo or similar.

Equipment/Accessories

- ❑ **RUCKSACK (DAY SACK)** - this is what you carry containing any items you will need during the day, i.e.; camera, water bottle, jumper, waterproofs, personal first aid kit (or part of it), toilet paper & lighter etc. A rucksack of around 35 litres capacity should be large enough. Padded hip belts are recommended. Make sure your rucksack is lined with one large plastic bag.
- ❑ **SLEEPING BAG & LINER:**
- ❑ **SCARF:** silk/nylon, for keeping the sun off the back of your neck and dust out of your mouth.
- ❑ **SUN CREAM:** high protection factor 30 or higher (2 small tubes)
- ❑ **LIPSCREEN:** high protection factor 30 or higher (2 sticks)
- ❑ **WATER BOTTLE:** 1 litre metal (Sigg, Nalgene or Platypus bottles recommended).

- ❑ **IODINE WATER PURIFICATION TABLETS (POTABLE AQUA) OR TINCTURE OF IODINE SOLUTION** obtained from most chemists put into a small glass dropper bottle. 1 tablet or 8 drops of iodine will sterilise 1 litre of water in 20 minutes. Vitamin C tablets added to the water after it has been sterilised will remove any taste of iodine.
- ❑ **TOILET ITEMS:** soap, towel, flannel, toothbrush, toothpaste, shampoo, comb, sanitary protection, toilet rolls (2), etc. Toilet paper is provided on trek but bring 2 rolls (soft).
- ❑ **SEWING KIT:** needle and cotton only for emergency repairs
- ❑ **SMALL KNIFE:** Swiss army style - has many uses (do not carry in hand luggage when taking international flights).
- ❑ **NOTEBOOK/DIARY/PENS**
- ❑ **SMALL PADLOCK:** essential for locking your kit bag.
- ❑ **PASSPORT**
- ❑ **4 PASSPORT SIZE PHOTOGRAPHS**
- ❑ **A COPY OF YOUR INSURANCE CERTIFICATE (very important)**
- ❑ **MONEY BELT:** to carry valuables (passport, money) and wear at all times when travelling
- ❑ **CHOCOLATE BARS, SWEETS, DRIED FRUIT, ETC.** (high energy trek snacks)
- ❑ **PERSONAL MEDICAL KIT** (You will be advised what this should consist of).
- ❑ **COMPRESSION STUFF SACS, SMALL PLASTIC BAGS/STUFF SACS OR PILLOW CASES:** to separate and keep the gear in your kit bag in order.
- ❑ **CIGARETTE LIGHTER:** for burning toilet paper and rubbish.
- ❑ **PLASTIC BAGS:** To pack gear into and/or one large dustbin liner to line kit bag.
- ❑ **WET WIPES:** one pack very useful for wiping hands, face and other parts of body when it is too cold to wash.
- ❑ **KIT BAG** - this is what the porters carry and we will provide you with a spacious, tough cordura kit bag before the start of your trek and it is yours to keep.

There will be a weight limit on trek (16 kg) so its best not to pack more items than you actually need. A small padlock will protect and secure your gear.

Have everything packed in plastic bags to protect them from rain or one large plastic bag (dustbin liner). Anything you aren't taking on trek can be left at the hotel (clean set of clothes!).

- ❑ **SMALL DUFFEL/NYLON BAG OR SUITCASE:** to store excess clothing, etc. at the hotel. You should make sure that this bag is locked. One bag between three or four of you.

OPTIONAL

- ❑ **SKI STICK(S):** have proved to be very useful, one or two telescopic for easy carrying.
- ❑ **CAMERA GEAR**
- ❑ **READING MATERIAL:** 1 book.
- ❑ **I-POD or MP3**
- ❑ **GAMES:** cards, chess, frizbee, juggling balls, etc.
- ❑ **CAMERA** If using a digital camera bring spare batteries, battery charger and travel adapter. You can charge your batteries at most hotels but this will not be possible on trek. Make sure you have sufficient memory cards.