



Packing List

Walls of Jerusalem

All items are essential unless stated otherwise

WE PROVIDE THE FOLLOWING:

- Gaiters
- Backpack - 70-90L classic canvas backpack - Wilderness Equipment. Approx 2.8kg in weight
- Tent - 1 person. Wilderness Equipment DART 11 - weighs approx 2kg - If required due to uneven group numbers only
- Tent - 2 person. Wilderness Equipment I - Explore or Eureka Mountain Pass weighs approx 3.5kg or 2.7kg respectively. Weight is shared amongst 2 people
- Self-Inflating Sleeping Mat - Thermarest or similar inflatable sleeping mat
- Sleeping Bag & cotton inner sheet Mont Zodiac 700 (Down) -4 degrees - weighs approx 1.2kgs
- Waterproof Packliner/Large Plastic Bag/Stuff Sack - to pack your clothes etc as additional protection from rain

CLOTHING

CLOTHING	✓
Waterproof jacket with hood. Gortex or similiar	
Overpants - Water Proof Pants	
Fleece Jacket	
Good quality long sleeve thermal synthetic fleece OR good quality wool jumper	
Thermal Underwear (top & bottom 2 sets) Long base (sleeve & leg) layer thermals preferably high wicker wool blend or synthetic	
Warm Hat - Beanie or Balaclava	
Gloves/Mittens	
Sun Hat- Preferable broad rimmed for full face and neck sun protection	
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Socks - Thick Wool blend (3-5)	
Long-sleeved shirts	
Casual trousers	
Walking trousers- quick drying fabric	
Underwear - Enough for daily wear	
T-shirts (2-5)	
Down Jacket - high loft synthetic or down filled puff jacket	

EQUIPMENT

EQUIPMENT	✓
Water Bottles (2-3) Capacity to carry at least 2-3 litres	
Sunglasses and neck strap - good quality, dark lenses with 100% UV	
Headtorch	
Personal Medical Supply	

FOOTWEAR

FOOTWEAR	✓
Walking boots - Sturdy hiking boots with good ankle support	
Camp Shoes - Camp footwear to be sturdy and preferably have frontal toe protection.	
*Please make sure you wear in your boots well before the trip departure	

PERSONAL TOILETRIES

PERSONAL TOILETRIES	✓
Please keep to a minimum. Soaps and detergents are not used in wilderness areas	
Travel towel	

OPTIONAL EQUIPMENT

OPTIONAL EQUIPMENT	✓
Swimming Costume	
Earplugs - useful if you are sharing with a snorer	
Camera plus memory cards, spare batteries and/or charger with cable	
Walking poles	
Books	
Playing cards	