

PACKING & EQUIPMENT LIST



Kosciuszko

Hiking & Yoga Trip



CLOTHING & EQUIPMENT

Selecting the right clothes and other gear and equipment according to the weather and climate, is essential to avoid unnecessary complications and to make your trip as comfortable as possible.

Please follow the packing list carefully and contact our team if you have questions.

CLOTHING

- Waterproof jacket with hood
- Waterproof pants (check weather forecasts/optional)
- Fleece jumper
- 1x hiking shirt (merino material is best. Cotton is not great to walk in)
- Down jacket (or very warm jacket)
- Long sleeve shirt
- Thermal top and thermal bottoms
- Lightweight camp trousers
- 2x pair of hiking socks (merino material is best)
- Thermal top and thermal bottoms
- Clothes to wear the dinner
- Swimmers for the spa
- Yoga clothing

HEAD AND HAND

- Lightweight gloves (inner thermal gloves and outer windproof and waterproof gloves)
- Bandana/buff or head scarf
- Beanie and gloves
- Sun hat
- Sunglasses with UV protection (strap is useful)

FEET

- Hiking socks x 2-3 pairs (Merino)
- Hiking boots or shoes (well worn-in)
- Cotton socks for post hike

TOILETRIES

- Toothbrush and toothpaste
- Deodorants
- Sunscreen cream
- Lip balm
- Female hygiene products
- Ear plugs / eye mask
- Hydrolyte tablets
- Personal blister pack
- Own strapping tap for personal known injuries

HIKING ACCESSORIES

- Trekking poles (optional)
- Day Hiking pack (between 15L-30L) is suitable
- head torch (safety aspect)

EXTRAS

- Camera or phone to take photos
- Phone charger
- It is recommended to carry at least 2.5 liters of water in two separate carriers. Each carrier should contain a 2L bladder and a 1L water bottle
- BYO wine

