

# PACKING & EQUIPMENT LIST

## Ruined Castle

Overnight trips



# 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 wind 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)
- 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
- Underwear/bra

## HEAD AND HAND

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

## FEET

- Hiking socks x 2 pairs (Merino)
- Hiking boots (well worn-in)
- Hiking sandals (for at camp)
- Cotton socks for post hike

## Toiletries and personal hygiene

- Toothbrush and toothpaste
- Deodorants
- Sunscreen cream
- Lip balm
- Female hygiene products
- Anti-bacterial hand wash
- Small quick-dry micro towel
- Ear plugs / eye mask
- Packet of little tissues
- Water purifying tablets
- Personal medication



## ACCESSORIES

- **Trekking poles (optional) yet strongly recommended!**
- Sleeping bag (three seasons)
- Small compression sack for your sleeping bag to make it smaller
- Backpack with waist and chest strap (55-65L) is most suitable, unless hiring from us
- Tent, only if you are bringing your own (otherwise we will have on for you on arrival. You must let us know)
- Sleeping mat. [View this example](#)
- Water bottle + water bladder

## PERSONAL HYGINE

- Wet wipes (baby wipes)
- Tissue/toilet roll (small packets are handy)
- Zip lock bags

## EXTRAS

- Camera or phone to take photos
- Phone power bank and cords (optional)
- Small travel and quick dry towel
- Rubbish bag (for dirty or wet items)
- Spare water to leave in your car for the second day (this is important)
- Clothes to get changed into back at your car (this is always nice so you don't have to drive home stinky!)

