

PACKING LIST



✓	Clothing:	✓	Toiletries and medications:
	Hiking shoes (It might be worth bringing two pairs in case one gets wet)		Each person has their own requirements, but as a minimum:
	Flip flops or Birks		Toothbrush & toothpaste
	Hiking socks and/or toe socks		Personal Medication
	Leggings or shorts		Deodorant
	Underwear and Swimming Costume – each lodge has a pool		Hygiene products
	Hiking shirts		Vaseline
	Warm long-sleeve shirt or fleece		Hair ties
	Rain jacket or poncho with hood		Brush/comb
	Quick-dry towel or kikoï		Safety pins (you never know)
	Hat or cap – breathable – it can get hot out there		Earplugs
	Evening/sleep clothes		Nail clippers
	Beanie and gloves depending on the season		Sunscreen
	MTB type Sleeves to prevent sunburn on arms		Insect repellent – for ticks or mozzies
	Gadgets:		Personal First Aid Kit:
	Sunglasses		Plasters and Blister Plasters
	Adapters and chargers for phones, watches		Antihistamines
	Headlamp or use your phones torch		After sun cream
	Walking Poles/Sticks or buy one of ours		Imodium (you never know)
	Camera		Anti-inflammatory
	Small Flask so you can carry mid-morning coffee/tea		Pain killers
	Others:		You Don't Need:
	Ziploc bags - large ones can keep the contents of your backpack dry if needed.	X	PLEASE NO LARGE HEAVY SUITCASES !! A reasonably sized soft travel bag is ideal
	Journal & pen - in the quiet afternoon rest times, you may want to record feelings and epiphanies you stumbled across during the day	X	Anything breakable in your bag as they will be stacked to move from one location to another
	Credit card - everything is paid for, but you may wish to have a massage or two or order extra glasses/bottles of wine at the wine tastings which will be for your account	X	Makeup and Perfume - If you really need to, maybe pack a tube of mascara
	Extra Non-perishable, high-energy snacks or nuts if you tend to get hungry or low on energy. Also if you have special dietary requirements you may want to bring some of your favourite snacks with you.	X	Sleeping bag or Mozzie Net Camping stove Backpacking water filter or Water sanitizing pills
	Day backpack – must be able to carry 2 litres of water	X	Laptop
	Water bottle or camelback type hydration system – at least 2 Litres - We do not supply bottled water for environmental reasons, but plenty of drinking water is provided.	X	“Fancy” clothes
	Book - A book is a great companion for those afternoon siestas when you want to switch off the thinking for a few hours	X	Drone Tripods and heavy camera gear Physical maps or guidebooks
	Tissues for your day pack	X	Anything work related !