

# Packing List

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## Equipment:

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- Tent
- Sleeping bag
- Sleeping pad or air mattress
- Camping stove and gas cartridge
- Utensils or spork
- Bowls
- Cup
- Matches and lighter
- Drybag

## Clothing:

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- Performance shirt
- Outdoor pants
- Lightweight, quick-drying shoes
- Flip Flops? Alternatively, go barefoot
- Headgear
- Rain jacket
- Swim trunks, bikini, or swimsuit
- Lightweight pants
- Bug jackets
- Socks and underwear

## Food Supplies:

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- Ziplock bags
- Water bottles and/or hydration system/Iodine tablets
- Dried fruits and nut mix
- Coffee powder and, if necessary, powdered milk or vegan alternative
- Tea bags
- Marshmallows :-)
- Instant meals

## Tech:

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- Cell phone with offline maps
- Power bank
- Charging cable

- Headlamps (fully charged)

Optional:

- Tripod and camera (consider the additional weight)

## Health and Hygiene:

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- First aid kit
- Sunscreen
- Toilet paper and biodegradable soap (use soap away from water sources)
- Toothpaste and toothbrush
- Insect repellent
- Deodorant?

## Miscellaneous:

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- Backpack
- Backpack for your dog's potential gear (if you have one)
- Identification and insurance card
- Sunglasses
- Pocket knife
- Optionally, a folding shovel
- Some local currency for unforeseen expenses

## Dogstuff

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- Dog leash and harness
- Dog food for the days
- Collapsible dog bowl
- Blanket

## Additional

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Here, you can add your own items:

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