

4 day Lost City trek



PACKING CHECKLIST

CLOTHES & SHOES

- Waterproof hiking boots
- Sandals
- Short sleeve t-shirts
- Long sleeve blouse
- Trekking trousers/shorts
- Rain trousers
- Warm fleece for evenings
- Scarf
- Underwear and pyjamas
- Hiking socks
- Sunhat/cap
- Swimwear

TOILETRIES

- Toothbrush and toothpaste
- Deodorant
- Contact lenses/glasses
- Insect repellent
- Sunscreen with high SPF
- Lip balm with SPF
- Sleep mask/earplugs
- Hairbrush
- Shower gel/shampoo
- Toilet paper

MISC.

- Daypack with rain cover
- Sleeping bag liner
- Copy of original passport
- Insurance certificate/card
- Sunglasses
- Reusable water bottle
- Water for the first day
- (2L)
- Snacks
- Quick-dry towel
- Cash for tips
- Hiking poles (if necessary)

ELECTRONICS

- Mobile phone
- Camera
- Power bank
- Headlamp
- Binoculars

MEDICINE

- Allergy medicines
- Painkillers
- Hand sanitiser
- Anti-sickness medicine
- First aid kit
(incl. blister plasters)