



# HIKING EQUIPMENT

## BACKPACK

Since RMK is offering the possibility to transport most of your equipment from campsite to campsite then a proper hiking packback is not required. You may pack your gear in a sportsbag or something similar. What you do need is a comfortable day pack, that should be big enough to fit the things you may need during a day's hike: extra pair of socks, extra t-shirt, rain gear, personal first aid kit (see the second list for content), water bottle, some snacks etc

## HIKING CLOTHING AND FOOT WEAR

Pick sporty and comfortable clothing that allows you to move freely. The terrain is quite varied and during one hiking day there may be muddy trails as well as dusty village roads. Even on a cold day you may get quite hot while moving, but get cold fast while taking a break.

## RAIN GEAR

If you have a water proof and breathable jacket you can bring this. But during summer season you can get by also with a good cape.

## SEVERAL PAIRS OF SOCKS

Invest in proper hiking sock. They more expensive than regular socks, but help prevent blisters and stay clean longer.

## WARM CLOTHING

The evenings can get quite chilly even in the summer. Also it is good to change your sweaty hiking clothes for dry ones once you settle into camp. Bring also an changes of underwear, long pants, fleece and a hat.

## HAT

A thinner hat or a buff can come handy even in the summer.

## SLEEPING MAT

## SLEEPING BAG

## TENT

## SMALL POCKET KNIFE

## DISHES

Bring your own personal dishes: a bowl, a cup and a spoon is minimum equipment

## WATER BOTTLE

Or two

## PAPER TOWELS / TOILET PAPER

## HEADLAMP OR FLASHLIGHT

The nights in August are quite dark already

## PERSONAL HYGIENE SUPPLIES

## PERSONAL FIRST AID KIT

## A FEW TRASH BAGS

## MOBILE PHONE WITH A FULLY

## CHARGED BATTERY

## MOSQUITO AND TICK REPELLENT