

What to Pack!

Leave your beach umbrellas behind and equip yourself for a refreshing alpine montane experience in the tropical belt. Do go through our packing list and put these essentials into your bag!

Suggested Packing List

- Raincoat or waterproof jacket
 - Warm clothing like fleece jacket, hiking pants
 - Change of clothes
 - Cap / beanie / head scarf (helps prevent heat loss, especially at night and in the early morning)
 - Gloves
 - A small / lightweight towel
 - Personal toiletries
 - Refillable water bottle
 - Torchlight (preferably a head torch)
 - Camera
 - Trekking poles
 - Energy snacks e.g. chocolate, nuts, biscuits, sweets, energy bars
 - Sun protection – Sunglasses, sun screen lotion, SPF lip balm (beware of the strong UV rays)
 - Comfortable covered trail / hiking shoes
 - A small backpack to hold your things
 - A raincover for your backpack
 - And of course, **AN ADVENTUROUS SPIRIT!**
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