



# Otter trail Packing list

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## Gear

- Backpack, 75l for men and 55l for women are most common. We had smaller backpacks 55l and 35l and manage to pack everything in.
- Rain cover for the backpack
- Sleeping bag, choose the right one depending on temperature
- Head lamp
- Pocket knife
- Dry bag (to secure valuable stuff)
- Survival bag (for river crossing)
- Duct tape/cable ties (closing bags for river crossing)
- Water bottle/hydration pack (1l or 1.5l)

## Cooking stuff

- Gas, 500ml will be enough for two people if you cook twice a day.
- Camping stove, small screw-in one
- Pot(s)
- Lighter/matches
- Plastic plate(s)/bowl(s)
- Plastic cup(s)
- Cutlery (fork, spoon, knife)
- Sponge
- Washing liquid/soap

## Clothing

- Hiking/trail running shoes
- Flip-flops/crocs
- Rain jacket/rain poncho
- Fleece or thermal shirt
- Hiking shirts/T-shirts (2-3)
- Long hiking pants
- Hiking shorts
- Set of clothes for after shower
- Swimming costume
- Underwear
- Socks (3-4 pairs)
- Hat/cap
- Sun glasses

## First aid kit

- Paracetamol (painkillers)
- Anti-inflammatory
- Plasters
- Antiseptic/iodine cream
- Sterile Gauze
- Valoid (Nausea and Vomiting)
- Imodium (upset stomach)

## Toiletries

- Camping towel
- Soap/shower gel
- Toilet paper
- Tooth brush
- Tooth paste
- Deodorant
- Hand sanitizer
- Mosquito repellent
- Sunscreen

## Optional

- Mask & snorkel
- Hiking poles
- Camera/GoPro
- Power box
- Extra batteries
- Fire lighters
- Washing pegs to hang laundry on lines.
- Pillow (can use your extra clothes or towel instead)
- Playing cards
- Book

## Notes

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