Otter trail
Packing list

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