

# Ausangate trek

## Packing list



### Clothing

- Hiking shoes
- Flip-flops/comfortable shoes to change into (optional)
- Rain & wind proof jacket
- Long sleeve hiking shirt (2)
- Hiking pants
- Thermal shirt for sleeping
- Long (thermal) pants for sleeping
- Fleece
- Merino wool socks (2 pairs)
- Socks for sleeping
- Gloves
- Beany
- Underwear (2-3 pairs)
- Hat/cap
- Buff (optional)
- Sunglasses
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### *For ladies*

- sport bra (2)

### Hiking gear

- Backpack, 50L for ladies, 70L for men
- Rain cover for the backpack
- Hiking poles (optional)
- Water bottle
- Purifying tablets or Lifestraw filter
- Zip-lock bags (for money, maps etc.)
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- \_\_\_\_\_

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### Camping and cooking gear

- Tent
- Sleeping mat
- Sleeping bag
- Camping pillow (optional, you can use a towel or clothes)
- Headlamp
- Camping stove
- Camping gas
- Windscreen for outdoor cooking (optional)
- Lighter/matches
- Pot with lid (2)
- Plate (optional, we use lids)
- Spork/fork & spoon
- Cup/mug
- Pocket knife
- Can opener (optional, you can use a knife)
- Sponge for washing dishes
- Plastic bags for rubbish
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- \_\_\_\_\_
- \_\_\_\_\_

### Electronic devices

- Phone
- Camera/Gopro/Drone
- SD Card
- GPS/GPS watch (optional, we had only a map)
- Power box (no places to charge on the route)
- Earphones
- Kindle/paper book
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- \_\_\_\_\_

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### Toiletries

- Camping towel
- Soap
- Toothbrush
- Toothpaste
- Deodorant
- Hand sanitizer
- Humid tissues (the main way of cleaning yourself on Ausangate trek)
- Sunscreen
- Lip balm with SPF protection
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- \_\_\_\_\_
- \_\_\_\_\_

### First aid kit

- Paracetamol (painkillers)
- Anti-inflammatory
- Plasters
- Antiseptic/iodine cream
- Sterile Gauze
- Valoid (Nausea and Vomiting)
- Imodium (upset stomach)
- Diamox (high altitude)
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# *Ausangate trek*

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### Notes

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