



THE FISHERMEN'S TRAIL PACKING LIST

Clothes

- Hiking shoes
- Flip-flops
- Rain jacket
- Fleece
- Long/short sleeve hiking shirts (2)
- Hiking pants (2)
- T-shirt for sleeping
- Pants/shorts for sleeping
- Merino wool socks (2-3 pairs)
- Swimming costume
- Underwear (3)
- Buff
- Hat/cap
- Sunglasses
- _____
- _____
- _____

For women

- sports bra (2)

Gear

- Backpack, 40-50L
- Rain cover for the backpack
- Trekking poles
- Headlamp
- Quick-dry towel
- Pocket knife
- Water bottle
- Power adapter
- _____
- _____
- _____

Winter extras

- Rain poncho
- Beanie



Handy extras

- Silk liner
- Tote bag
- Neck bag to put valuables
- Stuff sack
- Padlock
- Washing pegs/travel clothes line
- Notebook & pen
- _____
- _____
- _____

Devices and chargers

- Smartphone
- Phone charger
- Camera/GoPro/Drone
- Charger for Camera/GoPro/Drone
- SD Card
- Powerbank
- Multi USB charger
- Earphones
- Kindle and charger
- _____
- _____
- _____



Toiletries

(if you forget something or run low no worries you'll be able to buy these things on the way)

- Toiletry bag
- Soap/shower gel
- Soap case
- Shampoo or 3 in 1 soap
- Hairbrush
- Manicure kit; nail cutter, small scissors
- Razor
- Toothbrush
- Toothpaste
- Deodorant
- Hand sanitizer
- Humid tissues
- Sunscreen
- Mosquito repellent
- _____
- _____
- _____

For women

- Cream
- Lipstick

First aid kit

- Small first aid kit bag
- Paracetamol (painkillers)
- Imodium
- Anti-inflammatory
- Valoid (Nausea and Vomiting)
- Aspirine
- Antiseptic/iodine cream
- Plasters
- Vaseline
- _____
- _____



Documents and books

- Passport/ID
- Guidebook
- Book for reading
- Credit Card
- _____
- _____
- _____

Notes
