



10 PEAKS CHALLENGE

with love
GirlsTrek

COMPULSORY GEAR

- Daypack - 34-36L with rain cover
- 2-3L water bladder
- Good trekking shoes
- Water shoes (neoprene)
- Waterproof rain jacket with hood
- Hat & sunglasses
- Beanie & gloves (wind proof)
- Buff or kerchief for neck protection
- Microfibre towel-small
- 600ml water bottle
- Sunscreen, lip balm, insect repellent
- Tissues & hand sanitiser
- Personal first aid
- Head torch

RECOMMENDED

- Trekking poles
- Earplugs
- SOS electrolyte

SNOW/WET GEAR

*In the event of late season snow or forecast wet weather

- Spare woolen socks
- Set of thermals -top & bottom
- Rain pants
- Knee high gaiters
- Garbage bag
- 2 large ziplock bags

CLOTHING FOR TREK

- 2 walking shorts, leggings or long pants
- 2 short sleeve walking shirts
- 1 light long sleeve shirt
- 2 long sleeve warm layer
- 2 walking socks
- Fleece, wool or down jacket & vest
- Small ankle gaiters

CLOTHING FOR TRIP

- Warm jacket
- Casual wear for travel
- Smart Casual for dinners
- Sleepwear & underwear
- Toiletries
- Swimmers & thongs



Notes

1. For specific recommendations go to our [gear guide](#).
2. Luggage is transported between accommodation, as required