



# GIRLS ADVENTURE WEEKEND

*with love*  
**GirlsTrek**

## COMPULSORY GEAR

- Daypack - small
- 2L water bladder or water bottles
- Good trekking shoes
- Waterproof rain jacket with hood
- Hat & sunglasses
- Beanie & gloves (cooler months)
- Buff or kerchief for neck protection
- Microfibre towel-small
- 600ml water bottle
- Sunscreen, lip balm, insect repellent
- Tissues & hand sanitiser
- Personal first aid

## RECOMMENDED

- Trekking poles
- Earplugs
- SOS electrolyte

## CLOTHING FOR TREK

- 2-3 walking/activity shorts, leggings or long pants
- 3 short sleeve walking shirts
- 1 light long sleeve shirt
- 1 long sleeve warm layer
- 2-3 walking socks
- Fleece, wool or down vest
- Small ankle gaiters

## CLOTHING FOR TRIP

- Warm jacket
- Casual wear for dinners
- Sleepwear & underwear
- Toiletries
- Yoga wear



### Notes

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