# Packing list

**Clothes**

**⬜ Hiking shoes**

**⬜ Flip-flops**

**⬜ Rain poncho**

**⬜ Fleece**

**⬜ Long/short sleeve hiking shirts (2)**

**⬜ Hiking pants (1)**

**⬜ Merino wool socks (2-3 pairs)**

**⬜ Swimming costume**

**⬜ Underwear (3)**

**⬜ Hat/cap**

**⬜ Sunglasses**

**For women**

**⬜ sports bra (2)**

**Gear**

**⬜ Backpack, 30-40L**

**⬜ Rain cover for the backpack**

**⬜ Trekking poles (also available in Spain)**

**⬜ Quick-dry towel**

**⬜ Power adapter**

**⬜ Earplugs**

**⬜ Stuff sack**

**⬜ Padlock**

**⬜ Washing pegs/travel clothes line**

**⬜ Bed bug spray**

**⬜ Eye mask for sleeping**

**⬜ Notebook & pen**

**Devices and chargers**

**⬜ Smartphone**

**⬜ Phone charger**

**⬜ Camera/GoPro/Drone**

**⬜ Charger for Camera/GoPro/Drone**

**⬜ SD Card**

**⬜ Earphones**

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**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**

**⬜ Razor**

**⬜ Toothbrush**

**⬜ Toothpaste**

**⬜ Deodorant**

**⬜ Hand sanitizer**

**⬜ Sunscreen**

**⬜ Mosquito repellent**

**Documents and books**

**⬜ Passport/ID**

**⬜ Credential (will be given to you by Summer School)**

**⬜ Book for reading**

**⬜ Credit Card**

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