



**Bring only the items mentioned on this list, nothing more and nothing less
Do NOT bring food, it will be provided during the day.**

TRANSPORT

Good backpack
Waterproof Backpack Cover

PAPERS (WRAPPED SEPARATELY WATERPROOF)

Passport / ID
Insurance card
ICE information (In Case of Emergency)

OTHER

Bible (NOT digital)
Pen and paper
Headlamp or flashlight
Toiletries as desired (medicines/tissues/toilet paper)
Tip: paracetamol and (blister) plasters
Optional; Seating mat & walking sticks

FOOTWEAR

Sturdy mountain/hiking shoes (sports shoes are not sufficient)
Dry socks

CLOTHING (MORE THIN LAYERS!)

Sturdy pants: wind and/or waterproof (no jeans)
Headgear (hat, cap, etc.)
Keep an eye on the weather forecast and adjust your clothing accordingly!

COOKING AND EATING

Plate / food bowl
Mug
Knife, spoon, and fork (tip: spork)
water bottle
2 Litres of water
Pocket knife
Lighter