

To have with you when you walk (on you or in the backpack)

For some items I've included a link to the Amazon site. Not to encourage you to buy from Amazon, but because this site allows you to view the products in English.

- ☐ [Backpack. 40L capacity is enough](#)
- ☐ [Waterproof rain backpack cover](#) (if not already included with the backpack)
- ☐ [Hiking boots](#)
- ☐ [2 walking sticks \(preferably foldable\)](#)

- ☐ [Trekking trouser. Shortable is better](#)
- ☐ [Trekking short](#)
- ☐ Long sleeves T-shirt
- ☐ Short sleeves T-shirt
- ☐ [Long-sleeved fleece jacket](#)
- ☐ [Down jacket](#)
- ☐ Large bob
- ☐ [Waterproof trouser \(to put above the 'normal trouser' in case of heavy rain\)](#)
- ☐ [Waterproof poncho](#)
- ☐ [Anti blister socks](#)

- ☐ 2 bottles (ideally 1L + 1.5L)
- ☐ [Ultralight Folding Foam Hiking Mat](#)
- ☐ [Foot creme](#)
- ☐ Sun oil
- ☐ Sun lip stick
- ☐ Sunglasses
- ☐ Swimming suit
- ☐ Microfibre towel

- ☐ Folding knife
- ☐ 1 fork
- ☐ 1 spoon
- ☐ 1 light unbreakable bowl