

## Equipment List

**Backpack:** A proper day-pack for trekking which is 35-45 Lt is required. Please have a rain cover for you backpack and/or have your dry bags.

**Walking Boots:** A pair hard sole rigid walking/trekking/backpacking boots are required. Please pick up a winter model for your comfort and health.

**Spare pair of sneakers:** A pair of sneakers or sport shoes will be comfortable while travelling. Especially boots may get wet at the end of the day and you can wear your trainers in the coach while travelling.

**Socks:** Proper trekking socks will be fine with supported heel and toes. Please consider the cold weather in winter time.

**Gloves and Caps:** We recommend to have a set of gloves for winter tours. ( Inner- mid layer and Shell ) .Or you can have at least and isolated mid layer gloves. You better have your fleece or woolen beanies which covers your ears too. Please grab a spare one.

**Hat:** We recommend to have some sun protection in 4 seasons.

**Swim Suits and Towel:** Especially in summer activities, we may have chances to swim in un touched coves and glacier lakes.

**Jacket:** A lightweight, breathable and waterproof jacket with hoody whether a technical winter jacket or a outdoor-casual is required. A goretex or equivalent fabrics are meant.

**Mid Layer:** Fleece jackets with half or full zips are recommended. Sweaters are ok as better than nothing.However they are not trekker friendly as we often change cloths or ventilate.

**Isolated Jackets:** A lightweight and compressible down or synthetic jackets will give you more comfort while having breaks. Jackets with hoodies will be a plus.

**Pants:** Trekking pants are recommended with a spare one. This area is rainy you can carry shell raincover pants. Shorts are not recommended because of plants and forests.

**Thermos:** A stainless steel thermos bottle which is 1 lt to 2 lt will be safe and comfortable.

**Water Bottles:** At least 1 lt. water bottles are recommended.

**Head Lamp:** As the daylight lasts shorter in winter time, we strictly recommend to have a head lamp for emergency.

**Camera:** Do not miss joyful moments and/or natural beauties, keep them forever to remind you the trip with MONTIS.

**Sunglasses:** UV protected proper sunglasses are must every season.

**Sun protection cream and Lipstick:** Min. 45 factor sun protection creams and proper lipsticks are recommended.

**First Aid Kit:** MONTIS Trips & Expeditions guides always carry first aid kits and they are certified as ECSII Wilderness First Aid, CPR & AED standard responder certification.

**ATTENTION:** We ever leave artificial remains behind other than the footprints. Please carry a garbage pack for your own use and bring the trash back.