

TMB TREK KIT LIST

TOPS

- Waterproof jacket
- Down jacket
- Fleece
- Thermal top
- Trekking t-shirts x 1
- T-shirts for the refuges

BOTTOMS

- Hiking shorts x 1
- Walking trousers x 1
- Waterproof trousers
- Thermal bottoms

FOOTWEAR

- Boots
- Socks x 4-5
- Flip flops (Optional)

HEAD GEAR

- Warm hat
- Sun hat
- Buff
- Sunglasses
- Head torch
- Suncream
- Lip salve

HAND GEAR

- Thin gloves

EARLY SEASON

If there is snow on the trail then the following items might be required. We will inform you if this is required.

- Micro Spikes
- Gaiters

ACCESSORIES / OTHER

- 30-35L backpack
- Rucksack rain Cover
- Trekking poles
- Water bottle (1.5-2L)
- Snacks (Nuts, bars, chocolate)
- Sleeping bag liner
- Travel Towel
- Toiletries
- Small first aid kit (Blister plasters a must)
- Phone charger
- Pen knife
- Ziplock bags (Keep things dry)
- External battery charger