

## Basics

- The most common mistake people make is over packing. Go light.
- No cotton. Go for wicking fabric like fleece and wool.
- Temperatures vary along the trail, depending on region and altitude. So be prepared for changing weather.
- You can rent hiking equipment from TREKS if you'd prefer not to purchase.

## Hiking Equipment

- Hiking Backpack (day pack around 25-35 liters) for carrying items while you trek. E.g. valuables, camera, sun screen, water proof layer. Train with this to make sure it is comfortable. Take a waterproof liner if your rucksack doesn't have one built in.
- Hiking poles (optional)- save the knees!
- Personal sleeping bag- you can rent one from Treks. Preferably with a hood as it can get cold on the camping nights.
- Headlight- hands free light!
- Lithium batteries for any electronics.
- Small duffle bag for extra clothes that will be transported in the support vehicles.
- Carrier bags/bin bag- useful for dirty laundry or wet clothing.
- Please do not bring a suitcase.
- Please bring a lock for your bag.
- Reusable water bottle or bladders- must carry and drink 3 L of water per day.

## Footwear

- Hiking boots, lightweight with good ankle support. Wear boots in advance to break-in and loosen them up.
- Tennis/ Running Shoes (optional)- to wear around camp after hike.
- Sandals/ Flip-flops- to give your feet and toes a rest around camp.

## Clothes

- Synthetic hiking socks and extra pairs. One per day plus spares and extra for evenings.
- Underwear and extra pairs.
- Lightweight hiking pants and/or shorts. Preferably knee length shorts for both men and women.
- Comfortable hiking shirts- both long sleeves and T-shirts. A shirt per day
- Shorts/ swimsuits.
- Fleece sweater- we cannot stress how important this piece of clothing is!
- Insulated jacket, poncho or rain coat.
- Warm sleeping clothes- PJs.
- A pair of smarter pants/jeans and shirt for celebration dinner. Women can opt for long dresses or skirts, preferably knee length and below.

## Headwear

- Sunglasses- UV protection.
- Cap, Buff or head-cover- protect the head, face and neck from direct sunlight.
- Woolly hat and gloves for cold nights and mornings.

## Personal Items

- Preferably organic/ natural soaps- to reduce environmental contamination.
- Toothbrush
- Natural toothpaste
- Hand sanitizer
- Wet wipes
- Toilet paper
- Ladies are advised to take tampons
- Insect repellent
- Ear plugs (sharing with noisy room mates can prevent sleep!)
- If you wear contact lenses, please bring your glasses with you also and extra lenses.
- Travel towel- small & lightweight
- Deodorant
- Nail clippers
- Sunscreen & Lip Balm- SPF 30 or higher
- Pillow case (optional)- for homestays or campsites
- Camera and film

## Food/ Trail Snacks

- Nuts, seeds and dried fruits. Dates and dried figs are some of our favorite!
- Chocolates!
- Electrolyte powder- adds essential vitamins and minerals that are lost through physical exertion.

## First Aid

- Any personal medication- (if applicable) packed in hand luggage not main luggage.
- Blister treatment (although the travel team will be carrying a comprehensive first aid and medical kit).
- Small personal medical kit: antiseptic ointment, plasters, ankle/knee supports, bandage, pain killers, sting relief, isotonic powders, rehydration powders (e.g. dioralyte), energy snacks (e.g. dextrose tablets).
- Diarrhea remedies: ciprofloxin (prescribed medication for serious diarrhea), Imodium.
- Water purifying pills/iodine dropper (optional - bottled water will be provided throughout trek).

## Travel Requirements

- Passport with at least 6 months before expiry.
- Photocopy of your passport, visa and insurance details.
- Jordan Visa or Jordan Pass.

All in all, pack as lightly as possible, preferably in a soft, robust bag as all luggage is transported together each day in a truck and needs to be durable. This list is not exhaustive & also some items may not be required during the trip but it is better to have them than not!

**And Please Note:** For both men and women, you will feel most comfortable in pants, shorts or skirts/dresses that go at or below the knee. Preferably no short-shorts. Similarly, it is advised to wear T-shirts, as opposed to tank tops.