

## Hiking Packing List

- Backpack (large and with a good waist support—be sure to test it before you set out. I ended up having to stuff socks in the waistband to stop it from chafing!)
- Camel pack water reservoir = 3L
- Additional water bottle for evenings = 1L
- Small, foldable backpack
- Wallet with a shoulder strap (and in it: passport<sup>1</sup>, cash<sup>2</sup>, carte de séjour, health insurance card, credit cards)
- Plastic bags (large and small ziplock)
- Little notebook & pen
- Sleeping sheet
- Sleeping bag (optional)
- Inflatable pillow
- Hiking boots (pre-tested, of course!)
- Flip-flops or crocks
- Pack towel
- Book or two
- Electronics
  - Camera
  - Camera charger
  - Extra camera battery
  - Blackberry (only if, like me, you aren't allowed to leave it behind!)
  - Blackberry charger
- Clothes
  - 2 bikinis<sup>3</sup>
  - 2 pairs wool socks
  - 1 pair thin socks
  - 1 normal bra
  - 2 pairs underwear
  - 1 pair hiking pants
  - 1 pair shorts
  - 3 hiking tank tops
  - Tank top for sleeping
  - Yoga pants for sleeping (that could double as hiking pants if somehow my hiking pants were ruined/soaking wet)
  - Waterproof windbreaker (or consider a poncho that can go over your pack as well)
  - Thin fleece
- First aid basics (band aids, mole skin, Tylenol PM, Advil)—one good kit is probably enough for your whole group if you'll be sticking together
- Headlamp (makes a world of difference as opposed to a normal flashlight if you're looking for the toilet late at night or trying to read in bed)
- Extra battery for headlamp
- Sunglasses & case
- Hat
- Dry bag (recommended if there's a good chance of rain to keep all your gear dry!)
- Eye mask & ear plugs (optional)
- Carabineers/bungee cord (if sleeping bag doesn't fit in pack)
- Toilet paper

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<sup>1</sup> To be extra safe, carry a color photocopy of your passport in a separate location and keep your passport in a waterproof/ziplock bag.

<sup>2</sup> Find out how much cash you'll need and if there are any places to take out more cash. On the GR20 you're out of luck if you run out of cash!

<sup>3</sup> A note on the bikinis: I quickly decided on the GR20 that showering was out of the question. I honestly thought I would get dirtier not cleaner if I used the ice cold showers that adjoined the outhouses! Instead, I found a lake or stream each day (once the sun and hiking had warmed me up a bit) in which to bathe and shampoo my hair. There was also no privacy in the shelters we stayed in (though I did get skilled at changing in my sleeping bag). So I decided it would be much more practical to bring a couple of bikinis instead of sports bras and underwear next time.

- ❑ Toiletries
  - Waterless face wipes
  - Sunscreen
  - Moisturizer (optional)
  - Face moisturizer/sunscreen
  - Shampoo/shower gel (I am convinced they are one and the same so I just bring shampoo on hiking trips that can double as shower gel)
  - Leave-in conditioner (an essential for me, probably not for anyone else)
  - Comb
  - Toothpaste (consider sharing toothpaste or other toiletries with your hiking buddy)
  - Toothbrush
  - Deodorant
  - Bug spray
  - Any medicines you take regularly
  - Rubbing alcohol
  - Dish washing liquid
  - Chapstick
  - Hair elastic
  - Contact lens solution
  - Extra contact lenses
  - Contact lens case
  - Razor
- ❑ Print-outs with itinerary, ferry/train/flight information
- ❑ Trail maps
- ❑ Lemonade mix, green tea, trail mix, granola bars or other packable snacks