

CLOTHING AND EQUIPMENT

Three Highest & Rila – Pirin Trek

At least one set of casual / non-walking clothes will be useful for wearing in hotels on this holiday. Whilst walking you must not worry about how you look: comfort and protection against bad weather are of prime importance. Because mountain weather is so very variable, we recommend a number of thin layers rather than a few thick ones. The following list is our suggested guide to help you with your packing based on our many years of travelling and adventuring round the world. Most travellers take too much, so try your best to pack light! Using your own judgment for packing is of course important, especially with regard to clothing, but please do not hesitate to contact us if you have any questions about packing for your holiday, or are uncertain as to the suitability of your clothing and equipment.

Documents

- Passport - including appropriate visas
- Photocopies of all documents (keep separate)
- Airline tickets (or printed e-tickets with your airline booking references)
- Travel insurance details
- Emergency contact numbers
- Credit cards/ traveller's cheques
- Local Currency

Clothing

- Walking boots and spare laces
- Trainers/ sandals
- Walking socks
- T-shirts
- Trekking trousers
- Short trousers
- Light fleece
- Thick fleece
- Thermal Baselayer shirt 1+
- Waterproof jacket with hood
- Waterproof trousers
- Warm Gloves
- Sun Hat
- Warm Hat

Equipment

- Daypack/rucksack (size approx. 35 litre capacity)
- Large water bottle (1 litre)
- Towel – *quick drying pack towel is recommended*
- Torch (and spare bulb and batteries)
- Sleeping bag liner
- Binoculars (optional)
- A variety of dry bag/plastic bags
- Sunglasses
- Trekking poles (optional)
- Insect Repellent
- Small personal First Aid kit

- Water purifying tablets
- Sun Cream & lip salve

The following items can also be useful:

- Face wipes
- Moisturising cream
- Snacks/energy bars
- Padlock for your kitbag
- Small mirror
- Earplugs
- Cold water travel wash (preferably biodegradable)
- Travel adaptor

These items are also useful but don't pack them in your hand luggage – put them in your main bag only!

- Penknife/small scissors
- Safety pins
- Small sewing/repair kit
- Nail clippers

Personal First Aid Kit

We recommend that you carry a small first aid kit for personal use. This could contain things like plasters, sterile dressings and bandages, a blister kit, pain killers e.g. paracetamol and ibuprofen, antiseptic cream, antihistamine cream (for insect bites), sunburn cream, anti-diarrhoea pills e.g. Imodium or Lomotil and rehydration salts e.g. dioralyte.

Please ensure you carry essential personal medication in your hand luggage rather than checked in bags.