

## Packing List for Walking

This is our packing list for a weekend or a month or two of hiking in moderate weather with accommodation and cooking facilities provided. What else do you need? Email [mail@indietravelpodcast.com](mailto:mail@indietravelpodcast.com)

### Craig's kit:

- Pack: 50lt + Berghaus Anteus 45+8lt.
- Packcover for flights
- Undies - Boxer shorts x 3
- Polypropylene trousers and long-sleeved top
- Cotton t-shirts x2
- Mamut walking trousers (zip off to shorts)
- Swimming trunks
- Meindl walking shoes
- Smartwool hiking socks - medium cushion x2
- Vibram FiveFingers
- Sunglasses
- Waterproof over-trousers from Millets
- Jacket inner shell - Mountain Hardwear Xenon
- Jacket outer shell - Windproof from Kathmandu
- Beanie
- Gloves
- Fizan Trekking pole

### Linda's kit:

- Pack: Katmandu 20Lt daypack
- Undies - plain thin cotton x 5
- Bras - my most comfortable at the time. One sports bra, one normal.
- Socks - 3x thin ones from C&A with reinforced soles and heels.
- Socks - 2x walking socks from Millets.



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- T-shirts from sports shops x2 - 1x Kathmandu and 1x Craghopper.
- Walking trousers x1
- Waterproof trousers x1
- Rain coat x1
- Lowa boots from Intersport with new insoles.
- Jandals. Cheap and nasty
- Thermal underwear longjohns
- Thermal tops x2 - 1x polypropylene, 1x merino wool with turtleneck
- Fleece top
- A thin scarf from Turkey
- Sun hat
- Gloves

### Fine Dining

- Sporks x2 - Light my fire
- Orikaso dinnerware
- Victorinox Picnicker pocket knife
- Platypus x2 - 2Lt capacity + piping
- Tea towel
- Daily food plus emergency snacks

### First aid and toiletries

- Plasters
- Bandage
- Paracetamol
- Ibuprofen
- Diarhorrea tablets
- Water purification tablets
- Needle and thread
- Antiseptic cream



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- Cleaning wipes
- Scissors
- Nail clippers
- Eye drops
- Medical tape
- Hand sanitiser
- Moisturiser
- Mini soap x2
- Shampoo - Head and shoulders 2in1
- Comb
- Lip balm
- Toothpaste and toothbrushes
- Dental floss
- Deodorant
- Glasses, cases, contacts and solution
- Sanitary pads

## Sleeping

- Sleeping bags x2 - cheap deal from Millets
- Earplugs

## Entertainment

- Playing cards
- Magnetic chess set
- Notebook, pens x2
- Camera - Pentax Optio W30
- Spare battery and charger
- Joby gorillapod
- Usb stick/SD card reader



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## Sundry

- Towels x2 - Kathmandu and Lifeventure
- Emergency blankets - silver foil sheets
- Cell phone but no charger
- Lots of plastic zip-lock bags
- Torch - Maglight AA
- Passports
- Credit cards and cash
- Security belt
- Guidebook - Confraternity of St James
- Phrasebook - Lonely Planet Fast Talk Spanish

We discuss these items in some detail on the Indie Travel Podcast episode 54: Packing List for Walking. You can also subscribe in iTunes.

If you are considering buying these items using Amazon.com, please [visit our site first](#) and click through to Amazon from there. The commission we earn keeps the site funded.

Consider buying toiletries and small items on arrival; think about when you're arriving, how well you know the area and any language or supply difficulties.

Thanks for downloading this pdf. It's currently available from:



<http://www.indietravelpodcast.com/stuff/walkingpackinglist.pdf>



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