



## PACKING TIPS & LIST

One Week Walking Tour

Even though your luggage is transported from place to place you still must carry it to your first meeting place, lug it around airports and tote it back home! It definitely pays to pack lightly! Following are some tips and a packing list for a one-week walking tour. Realize however that this is a general list designed for all weather situations and you may not use everything suggested.

- 1) Ziploc bags are fantastic! Use them to separate clothing items, toiletries etc. This makes it easy to stay organized.
- 2) Don't count on using laundromat's or laundry services at hotels. There are hardly any laundromat's in small villages in Europe and hotel services often take too long and are very expensive. Bring a clean T-shirt for every tour day!
- 3) Bring comfortable hiking boots that are well broken in (at least 15-20 good walks)! Boots with Vibram soles are sturdy and have a good grip! Often they are not waterproof so waterproof them before you leave!
- 4) Wear a couple of pairs of socks. Many walkers use a thin inner liner sock and a heavier outer sock.
- 5) Bring a rain poncho or a rain proof, Gore-tex type of jacket for bad weather! Rain pants are nice but optional. We find we swelter in them, unless it's really cold!
- 6) Bring a lightweight cotton sun hat or cap to protect you from the sun. A bandana can shade your neck!
- 7) Be prepared to dress in layers! Even during the summer months or in a warm climate you may get some cool or wet days. You need a lightweight base layer that will transport moisture away from the skin. T-shirts are mostly OK in the summer. The next layer should provide insulation for cold weather conditions. Fleece pullovers are very good as a second layer. Finally you need a waterproof shell to protect you from the elements!
- 8) Bring comfortable and safe sunglasses!
- 9) Bring a simple top loading day backpack that weighs between two and three and a half pounds. A load-bearing waist belt is a useful feature.
- 10) Bring an under-clothing pouch to carry money, credit cards and passports. Beware of crowds as pickpockets can remove or empty your fanny packs quickly!
- 11) Make a copy of your passport. If it's lost or stolen, you'll save time replacing it if you have a photocopy!

## **CLOTHES**

- 2-3 pairs of shorts
- 7 cotton or quick-dry shirts
- One pair of long pants
- 1-2 long-sleeved cotton shirts
- Sun hat or cap
- Sweatshirt or fleece pullover
- Waterproof jacket (a must)
- Waterproof pants (optional)
- Hiking boots
- Regular shoes or sandals
- Socks
- Underwear
- Casual outfits for the evening
- Bathing suit (check tour)

## **TOILET KIT**

- Deodorant
- Toothpaste, toothbrush
- Soap
- Comb
- Shampoo
- Pre-moistened towelettes
- Sanitary pads, tampons

## **FIRST-AID KIT**

- Sun screen
- Band-Aids
- Moleskin
- Aspirin or other analgesic
- Digestive aid
- Anti-bacterial
- Insect repellent
- Lip balm with sunscreen
- Flashlight (for self-guided walking)

## **MISCELLANEOUS**

- Sunglasses (a must)
- Visor
- Fanny pack
- Underclothing money pouch
- Pocket knife/cork screw
- Shaver
- Unscented baby powder
- Camera, film
- Zip-lock plastic bag