

## Example summer bivouac packing list

We strongly suggest you follow our advice contained in this gear list. We advise against bringing much more than is on this list and we insist that you do not skip corners where possible. Please do not hold back on asking questions on what (not) to bring! Mail us at [info@daysontrails.com](mailto:info@daysontrails.com)

Your gear is potentially more important for your well-being than anything else. Please make sure to bring the best you can. It's the basis of your safety and comfort. Visit your local specialist outdoor retailer for face to face advice to fit your needs. We don't recommend making purchases in non-specialized shops.

### **Administrative**

- Credit/debit cards
- ID / pasport
- Cash
- Insurance papers / card
- Phone + charger
- Boarding pass

### **Basic equipment**

- Backpack (60 - 80l)
- Dry bags for inside your backpack. Rain covers not advised since they don't work well with wind.
- Shoes type B or up
- Gaiters
- Walking poles are recommended
- Two pairs of gloves. It's good to have one waterproof pair.
- Scarf type buff
- Warm hat/cap + spare cap in case one gets wet.
- Sunglasses
- Nalgene bottles (big 1.5l one or two 1l ones). We recommend these because they don't break and can be filled with hot water to use as a flask in your sleeping bag.
- Head torch + spare batteries

### **Sleeping – DO NOT GO CHEAP HERE!**

- Sleeping bag with comfort temp below freezing
- High quality inflatable sleeping pad + repair kit
- Tent (can be shared, ask us about this)
- Small pillow or pillow sleeve to fill with clothes you take off for the night.

### **Base layer**

- Long trekking pants (stretchy and quick drying) – no cotton
- One pair of undies per 2 days
- One pair of good hiking socks per 2 days
- Long underwear, pants and top to use as a dry sleeping layer
- T-shirts or base layer, 2 recommended. Merino is advised.



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### Warm layer

- Technical mid layer type fleece or synthetic down to use on the move
- Warm jacket type down or synthetic down to keep warm while static

### Outer layer

- Hardshell (water- and windproof) jacket + pants. **Don't cut corners here!** "Water resistant" does not mean waterproof. You need to be 100% certain your shell jacket and pants are waterproof!
- Windproof/breathable layer is also recommended

### Cooking system (will be shared, ask us about this)

- Gas burner with thread. We'll provide gas in most cases. Ask us if uncertain.
- Cutlery. Spork + knife. We recommend a long dessert spoon to eat dry bags.
- Lighter or firesteel
- Pot +- 1l (to be shared)
- Thermos style flask

### Toiletries

- Small quick drying towel
- soap
- toothbrush + paste
- toilet paper
- Extra's if needed for the ladies among us
- Lipbalm
- Sunscreen

### Misc

- Bivy bag (optional)
- Camera
- Battery pack for phone or a book in case you want to "zone out" for a bit.
- Booties or slippers

### First aid

- Sporttape, disinfectant, band aids
- Elastic bandage
- Medication for gastrointestinal issues and pain killers type Paracetamol / Ibuprofen
- Space blanket
- Petroleum oil or other thick lube
- Anti-inflammatory cream

### Car / hostel package

Make a package with comfortable city clothes that you will want to wear while traveling. We can leave this in a van or in a ho(s)tel. A second pair of shoes might fit well here.