

Poland

7 Summits

Packing List

Travel Documents

- ☐ Passport 6mts Valid
- ☐ Insurance Papers
- ☐ Photocopy of passport

Base Layers

- ☐ Underwear (2 pcs)
- ☐ long sleeve base layer (1 pcs)
- ☐ long pants base layer (1 pcs)
- ☐ Short Sleeve T Shirt (2 pcs)

Mid Layers

- ☐ Fleece top (1pcs)
- ☐ Hiking shorts (1pcs)
- ☐ Hiking Pants (1pcs)

Windproof/Rain Layers

- ☐ Hard Shell Jacket (1pcs)
- ☐ Hard Shell Pants (1pcs)

Footwear

- ☐ Wool Hiking Socks (3 pairs)
- ☐ Sturdy hiking boots
- ☐ Trekking Approach Shoes

Sleeping Equipment

- ☐ Earplugs

Mountaineering Gear

- ☐ 80ltr Duffel Bag for mules to carry
- ☐ Trekking Backpack 35L
- ☐ Trekking poles (optional)
- ☐ Headlight 500-700 Lumens (2pcs)

Travel Items

- ☐ Travel Clothes
- ☐ Cash for tip
- ☐ Visa Card
- ☐ ATM card

Additional Items

- ☐ Compression Stuff Sacks
- ☐ Water Bottles 1- liter (2pcs)
- ☐ Pee Bottle 1- litre
- ☐ Female Urination Device (FUD)

Insulation Layers

- ☐ Goose Down insulated Jacket with hood

Eyewear

- ☐ Sun Glasses

Packing List

Medical

- ☐ Personal First-aid kit
- ☐ Compeed blister packs
- ☐ Ibuprofen for Joints
- ☐ Paracetamol for Headache
- ☐ Antibiotic Azithromycin 500mg
- ☐ Laxatives
- ☐ Imodium
- ☐ Mosquito repellent
- ☐ Menstrual products
- ☐ Electrolytes
- ☐ Nail cutter
- ☐ Hand & Feet chemical warmers (Optional)

Gloves

- ☐ Lightweight Liner Gloves
- ☐ Shell Guide Glove with Insulated Liner or Expedition Mitts

Toiletries (Personal)

- ☐ Toothpaste & Toothbrush
- ☐ Bio Baby wipes (2pcs)
- ☐ Shaver
- ☐ Sunscreen: SPF 50
- ☐ Lip Screen: SPF 30

Optional Electronics

- ☐ Morocco-appropriate power adapters
- ☐ Phone camera
- ☐ Batteries
- ☐ Charging leads

Additional Personal Items

(Add your own personal items here)

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