



NECESSARY EQUIPMENT

After you have confirmed your booking for the program, here is a list of what you will need to bring with you!

- Tourist shoes
- Flip-flops
- Sneakers or comfortable sports shoes
- ID documents – passport, ID card etc.
- Shorts for treks and trousers
- Long-sleeve shirts
- T-shirts which absorb sweat
- A warm polar or woolen jacket
- A raincoat
- Sun-protection cream
- Bathing suit
- Gloves
- Sun glasses
- A camera
- Aspirin
- A nice book to read

Note!

A raincoat, warm jacket, hat and gloves are obligatory for everyone! Even in summer! Do not miss them!

We will provide you with T-shirts, a baseball hat, bath-robe, towels and a light backpack for treks.