



IRAN : STEP INTO PERSIA PACKING LIST

Here is the full gear kit requirements for our [Iran trip!](#)





Packs and Baggage

Large Trekking or Travel Hybrid Backpack

50 - 60 liters trekking backpack or Duffel
Recommendation : [Osprey Aether 55](#)

Day Pack

25 - 25 liters backpack
Recommendation : [Osprey Talon 36](#)
(or something just a tad smaller)

Boots and Footwear

Trekking Boots

Quality, waterproof hiking boots
Recommendation : [Lowa Renegade GTX](#)

Sandals/Tevas/Keens

A pair of camp shoes to change into after a day of hiking
Recommendation : [Keen Targhee 3 Sandals](#)

Essential Personal

Sleeping Bag

A warm sleeping bag -10 C / 15 F comfort rating
Recommendation : [REI Magma 15](#)

Sleeping Pad

Provides insulation and comfort while camping
Recommendation : [Therm-A-Rest Neoair Uber Light](#)

Specialty Equipment

Trekking Poles

Trekking poles provide balance and stability
Recommendation : [Black Diamond Alpine FLZ](#)

Headlamp

Get a rechargeable one if possible
Recommendation : [Petzl Actik](#)

Camping Pillow

This is optional - but our guests have found they make a huge difference in the quality of sleep while camping!
Recommendation : [Nemo Filo](#)

Grayl Filter Bottle - Mandatory

The Grayl Geopress is the ultimate water filter bottle
Recommendation : [Grayl Geopress](#)

Large Wide Mouth Water Bottle or Water Pouch

You can refill from your Grayl Geopress. Should be 1 liter
Recommendation : [Nalgene Wide Mouth](#)

Other Personal Gear

Camera / Extra Battery

To capture the magic beauty of Iran
Recommendation : [GoPro 9](#)

Power Bank and Chargers/Phone Cable

Personal First Aid Kit

Hand sanitizer, lip balm with spf, tampons, strong quality sun cream (30 spf+), antibiotic cream, paracetamol, throat lozenges, electrolyte tabs, moleskin for blisters, antibiotics for stomach/general, earplugs.

Polarized Sunglasses

Crucial for protecting your eyes from the harsh sun
Recommendation : [Camp Eyewear Trail Polarized](#)

Non-Essential

Podcasts (Downloaded)

Good Book / Kindle

Bring what you need to stay entertained when you will have free time or car rides.
Recommendation : [Kindle](#)



Clothing Layer Systems

- Travel Clothes**
Casual clothing for air travel and our time in cities
- Down Jacket**
A warm Down Jacket is 100% crucial
Recommendation : [Patagonia Down Sweater Hoodie](#)
- Rain Jacket**
To lock in your warmth and keep yourself dry
Recommendation : [Arc'teryx Beta AR](#)
- Base Layer Top**
Wear your base layer top to help prevent sunburn
Recommendation : [Merino Icebreaker 200 Oasis](#)
- Sun Hat**
The skin on your face will thank you
Recommendation : [Durable Trucker Hat](#)
- Trekking / Travel Shirts (3-4)**
Go with something synthetic - Avoid cotton at all costs
Bring on shirt to sleep in
Recommendation : [REI Lightweight Base Layer Shirt](#)
- Trekking / Travel Pants (1-2 pairs)**
An acceptable pair of trekking / everyday pants
Recommendation : [Kuhl Renegade Rock Pant](#)

- Lightweight Hiking Socks (6-7 pairs)**
Bring a few cotton and a few wool pairs.
Quality pairs of trekking socks can be expensive, but worth the investment. Merino is best
Recommendation : [Darn Tough Hiker Boot](#)
- Underwear / Bras (4-6 pairs)**
Recommendation : [Icebreaker Underwear](#)
- Buff and Bandana**
So many practical applications from serving as a dust mask for keeping the sun off of your neck
Recommendation : [Buff Lightweight Merino](#)

Toiletries

- Toothbrush and Toothpaste**
- Bodywash / Shampoo**
- Wetwipes**
- Deodorant**
- Fast Drying Microfiber Travel Towel**
Whatever else makes you feel clean and comfortable

Please note that EBT DOES NOT rent any personal gear or equipment

Ladies, it's mandatory to wear a Hijab / Head scarf in Iran