



IRAN : STEP INTO PERSIA PACKING LIST

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



Packs and Baggage

- Duffel**
Medium/Large Sized Duffel Bag
Recommendation : [North Face Base Camp Duffel](#)
- Day Pack**
30 - 35 liters backpack
Recommendation : [Osprey Talon 36](#)

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

Ladies, it's mandatory to wear a Hijab / Head scarf in Iran
Note for ladies dress: If you don't own a cotton long sleeved Kurta or long sleeved shirt already, it is super easy to go shopping for one in Tehran on the first day and they are cheap!

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