PAKISTAN: HUNZA VALLEY EXPRESS PACKING LIST

Here is the full gear kit requirements for our Hunza Valley Express

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Packs and Baggage

- [ ] **Duffel bag or Backpack**
  60 - 75 liter duffel bag or Backpack
  Recommendation : **North Face Base Camp Duffel**

- [ ] **Day Pack**
  20 - 30 liters backpack
  Recommendation : **Osprey Talon 36**
  (or something just a tad smaller)

Boots and Footwear

- [ ] **Trekking Boots or Trail Runners**
  Quality, waterproof hiking boots
  Recommendation : **Lowa Renegade GTX**

- [ ] **Sandals / Tevas / Keens**
  A pair of comfy sandals for bus travel and for after hikes
  Recommandations : **Keen Targhee 3 Sandals**

Specialty Equipment

- [ ] **Trekking Poles - (Optional)**
  Trekking poles provide balance and stability
  Recommendation : **Black Diamond Alpine FLZ**

- [ ] **Headlamp**
  Get a rechargeable one if possible
  Recommendation : **Petzl Actik**

- [ ] **Grayl Filter Bottle**
  The Grayl Geopress is the ultimate water filter bottle
  Recommendation : **Grayl Geopress**

- [ ] **Large Water Bottle or Water Pouch - (Optional)**
  You can refill from your Grayl Geopress. Should be 1 liter
  Recommendation : **Nalgene Wide Mouth**

Other Personal Gear

- [ ] **Camera / Extra Battery**

- [ ] **Power Bank and Chargers/Phone Cable**

- [ ] **Personal First Aid Kit**
  Hand sanitizer, lip balm with spf, tampons, strong quality sun cream (50 spf+), antibiotic cream, paracetamol, throat lozenges, electrolyte tabs, moleskin for blisters, antibiotics for stomach/general, earplugs, and Diamox for altitude sickness (optional)
  Recommendation : **Adventure Medical Kits Ultralight**

- [ ] **Polarized Sunglasses**
  Crucial for protecting your eyes from the harsh sun
  Recommendation : **Camp Eyewear Trail Polarized**

Toiletries

- [ ] **Toothbrush and Toothpaste**

- [ ] **Bodywash / Shampoo**

- [ ] **Wetwipes**

- [ ] **Deodorant**

- [ ] **Fast Drying Microfiber Travel Towel**
  Whatever else makes you feel clean and comfortable

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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**

- [ ] **Hard Shell/Rain Jacket**
  To lock in your warmth and keep yourself dry
  Recommendation : **Arc'teryx Beta AR**

- [ ] **Fleece - (Optional)**
  The perfect middle layer for a little extra warmth
  Recommendation : **Patagonia Better Sweater**

- [ ] **Base Layer Top**
  Wear your base layer top to help prevent sunburn
  Recommendation : **Merino Icebreaker 200 Oasis**

- [ ] **Sun Hat and Warm Hat/Beanie**
  The skin on your face will thank you.
  Also bring a warm hat/beanie for the cold temperatures
  Recommendation : **Durable Trucker Hat**

- [ ] **Trekking Shirts (1-2)**
  Go with something synthetic - Avoid cotton at all costs
  Bring on shirt to sleep in
  Recommendation : **REI Lightweight Base Layer Shirt**

- [ ] **Trekking Pants (1 pair)**
  An acceptable pair of trekking pants - Nothing fancy
  Recommendation : **Kuhl Renegade Rock Pant**

- [ ] **Trekking Socks (3-4 pairs)**
  Quality pairs of trekking socks can be expensive, but worth the investment. Merino is best
  Recommendation : **Darn Tough Hiker Boot**

- [ ] **Underwear / Bras (3-4 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**

- [ ] **Gloves - (Optional)**
  For keeping your hands warm while trekking
  Gloves need not need be super heavy
  Recommendation : **Northface Apex**

Non-Essential Optional Gear

- [ ] **A Good Book / Kindle and Podcasts (Downloaded)**
  These are almost essential items! Bring what you need to stay entertained at camp

- [ ] **Combination Lock**
  Easily lock your portered bag
  Recommendation : **Pacsafe Lock**

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