



Ausangate Trek

P A C K I N G L I S T

You are about to embark on our 4 day Ausangate to Rainbow Mountain trek but not sure on what to bring? We put together the list below so you can be the most prepared out on the trails and avoid over packing. The night before the hike we will do a briefing and give you a duffle to pack your gear. The maximum weight of the duffle is of 6K (or about 12lbs) per person, as they will be carried by donkeys. We recommend you also bring a small daypack to hold water, documents, light jacket/poncho in case of rain, as well as camera. Any questions you have, do not hesitate to ask at the briefing! Remaining luggage can be checked at hotel.

Clothing

- ☐ Gore-Tex rain/wind shell jacket with hood (no poncho)
- ☐ Gore-Tex rain/wind pants (preferably with leg zippers)
- ☐ Down, fiberfeil, or thick fleece jacket
- ☐ Fleece sweater
- ☐ Hiking pants (convertible with zip-o legs are recommended)
- ☐ Lightweight cotton pants
- ☐ Sturdy hiking shorts
- ☐ Long wool underwear (bottoms and tops)
- ☐ Long-sleeved shirts (quick-drying "travel" fabrics like nylon)
- ☐ T-shirts (synthetics are best for the trek, not cotton)
- ☐ Shade hat with wide brim
- ☐ Fleece hat for warmth
- ☐ Fleece mittens or gloves
- ☐ Fleece neck gaiter
- ☐ Medium to heavyweight hiking boots
- ☐ Hiking socks (ex. SmartWool hiking socks)
- ☐ Casual socks for city wear
- ☐ Underwear (synthetics dry faster)
- ☐ Sports bra for women (for trekking)
- ☐ Bathing suit
- ☐ Sleepwear (long underwear can double)
- ☐ Casual city/hotel attire

