

Remember to bring a hold-all with you for things you don't want to carry when you are walking but will want to use when you arrive at the base camps and hotels on route after your multi days expeditions. These things will need to be packed up for transportation to the other sites.

THERE ARE MANY OUTDOOR SPECIALIST SHOPS, AS WELL AS LARGER STORES LIKE GO-OUTDOORS. WE HAVE AN ACCOUNT WITH GO OUTDOORS AND OFTEN WE CAN GET YOU AN EXTRA 5-15% OFF. IF YOU ARE STRUGGLING TO GET KIT OR WANT SOME ADVICE JUST DROP US AN EMAIL. The lighter your rucksack is, the more enjoyable your walking experience is!

Mountain kit

- **Rucksack** – *moderate* level walking upwards 50-65L (food, tents, survival equipment split between the group), try it on with heavy things inside before you buy, wear it around the shop, it must be comfortable and not rub you on the hips or back. Get advice from a good specialist shop if you are unsure.
 - *easy* level walking– 30-40L – useful for day walks
- **Rucksack Liner or large thick plastic bag** – (we use old dog food bags or B&Q rubble bags)
- **Sleeping Mat** - go outdoors have a great selection at variable prices, go try them out and get a light weight carry mat if you can afford one, if not get a simple non inflatable mat.
- **Sleeping Bag - 2/3 season depending on how cold you get** – temp reduces with altitude. Down bags are great at keeping you warm however they stop working when they get wet. Synthetic bags have improved immensely, my bag is a Nordic synthetic bag, 2/3 season it cost me £100 and its warm even when wet esp. with the added advantage of a Gore-Tex outer bag.
- **Gore-Tex Bevy Bag** – is a breathable water proof outer bag to put your sleeping bag into and sleep in. It stops condensation collecting on sleeping bags and also keeps you warm – we pay about £50 each for ours and get them from the army surplus, don't pay over £60 contact us if you are having issues getting one and we will source our supplier
- **Mid size Waterproof Bags - for storage**, we use strong plastic bags (ie put spare clothes in)
- **Emergency Survival Bag** (cost about £2 from go-outdoors)
- **Whistle and compass**
- **Money**
- **Head Torch and spare batteries**
- **Water Bottle (1 - 2 L) or hydration pack**
- **Waterproof Jacket and trousers**
- **Small plastic sandwich box**
- **Knife, Fork, Spoon (or KFS Set, ours are plastic if you want use these)**
- **Plate/Bowl/Mug** – light weight as you have to carry them or you can use our light...ish weight tin enamel ones
- **Box of Matches or lighter** (in sealed container)

Mountain Clothing/Personal:

- **Personal clothing** ie underwear etc
- **Day tops that absorb sweat** – (I pack a short sleeved thermal top, cotton is not recommended)
- **Long sleeved shirt** – optional but advisable - keeps sun off skin as midday heat can be intense
- **Walking trousers AND shorts** (again denim is on the NO list, synthetic dries quickly, if you want to reduce weight, get the short/trouser combo with zip off legs)
- **Walking boots** – IMPORTANT - wear them in before coming on the holiday, trainers will NOT do, you need ankle support as the ground can be rocky and extremely uneven. You are in mountain terrain so the weather can changed rapidly so stability, sole grip and comfort are of the utmost importance
- **Walking Socks** (at least 3 pairs and get the summer ones with airflow as it stops your feet sweating In the boot)
- **Mid-layer top** (we use a thin thermal zip top)
- **Top layer/Warm Fleece sweater** (for night time again its cold at altitude – pertex covered is a good idea)
- **Light weight sandals** - for evening campsite, gives feet a rest from boots
- **Sleeping attire** – We suggest thermal top, long johns and socks
- **Hat and gloves for emergencies and night time**
- **Small Wash Kit**
- **Small Towel** (we use those high absorbent clothes half meter square)
- **Personal First Aid Kit** (prescriptions, antihistamines, pain killers, plasters, creams, electrolytes etc for your use) As first aiders we are NOT allowed to give out drugs or any kind except an aspirin for a heart attack
- **Suntan cream and after sun cream, insect cream** (we use Jungle formula)
- **Sun hat** (I like a peak my partner prefers shade all round)
- **Hold-all or old bag for our staff transport your items to various base camps when required** – put your name on your bag or make it easily identifiable

Optional Extras

- Walking sticks
- Emergency Shelter
- Food/Lunch boxes
- Binoculars
- Camera
- Waterproofing wax or proofer for boots and tent
- Cooker and pans
- Survival Pack
- Extra clothes
- Energy food or powders
- Watch

- Phone
- MP3 Player
- Sleeping Bag Liner – use inside your sleeping bag to absorb sweat and stop bags smelling we use silk as they are light weight
- **Self-sealing bags and spare plastic bags** – useful for keeping personal effects dry

General information and advice

We will happily go through the best way to pack your sack for your expedition when you arrive at base camp. We do carry limited stock of some items and you can always shop in Bansko if you have forgotten something. Remember things in Bulgaria that are not produced in Bulgaria generally cost more than back home.

Don't leave gathering your kit till the last minute, and the lighter you equipment the easier it is to carry. No kitchen sinks please 😊.