

Pearls of the Croatia Coast
Packing List

FOOTWEAR

- 1 pair of lightweight or midweight hiking shoes/boots (They should be well broken in and comfortable)
- 1 pair of comfortable walking shoes, such as athletic shoes or Teva sandals with a heel strap
- 2-3 pairs of socks (2 should be wool/synthetic)

CLOTHING

- 1 - 2 pairs of comfortable long pants
- 2 pairs of shorts (One pair should be quick-drying nylon)
- 1 - 2 lightweight, light-colored, long-sleeved shirts to protect you from the sun
- 2 - 3 T-shirts or sleeveless shirts
- 1 pair lightweight long underwear top and bottoms, silk, wool or synthetic equivalent (Capilene, Smartwool, MTS, or polypropylene. NO cotton)
- 1 fleece jacket or wool sweater
- 1 rain jacket or parka: coated nylon or a waterproof/breathable fabric like Gore-tex
- Underwear/nightwear
- 1 wide-brimmed hat for sun and high fashion
- 1 or 2 sets of casual clothes for going out to dinner or relaxing
- Bathing suit
- Lightweight gloves

EQUIPMENT/ESSENTIALS

- 1 daypack, 1 pack cover or large plastic bag to line backpack for waterproofing
- 1 liter water carrying capacity (water bottle or hydration system)
- Passport and 2 photocopies of your passport**
- Sunscreen and lip block with SPF of at least 30 spf
- Sunglasses (100% UV blocking) and retention strap
- Capacity to carry 2 liters of water: 2 one liter water bottles or a hydration system that fits in your pack. If you bring a hydration system for hiking, you may also want to bring 1 water bottle for other times
- Quick drying pack towel (medium size)
- Watch and/or travel alarm

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, shampoo, contact lens paraphernalia (bring extras), sanitary supplies, soap, shampoo, washcloths (these are often not provided in Europe)
- Sunscreen and lip protection with sunblock of at least SPF 30 (absolutely essential)
- Personal medications, if any. If you're taking a prescription drug, bring a copy of the prescription or its generic name
- Small personal "patch kit": Band-Aids, Compeed or Second Skin, moleskin, cloth athletic tape, ibuprofen, personal medications, if any. **NOTE:** Individuals allergic to insect bites must bring an anaphylactic kit (epi pen + antihistamines). Please consult your personal physician.

OPTIONAL (not required, personal preference)

- Camera (extra battery) and film
- Book, notebook, journal, pencil/pen
- Trekking Poles (optional but recommended for this trip)
- Earplugs and eye mask for a good night's sleep
- 1 - 2 bandannas

NOTES ON PACKING

Daypacks: You will need a daypack that is large enough to hold the following items: 1 liter of water, rain gear, lunch/snacks (for the day), warm layer (fleece pullover or vest), lightweight gloves, warm hat and any other desired personal items such as camera, journal, etc. We recommend a daypack with a capacity of between 1800 and 2400 cubic inches and preferably with a hip belt, padded shoulder straps and 'lifters', all of which will make your pack much more comfortable. If you're not sure if your pack is large enough, try packing it with everything you need for the day.

Footwear: Well-fitting, sturdy hiking boots are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them as much as possible and taking some short hikes before your trip. For general trekking/hiking there are many choices in both materials and styles of boots. Your choice will depend on the environment you will be hiking as well as your personal preferences and physical condition of your feet and ankles. Boots can be made of leather, nubuck leather, synthetic materials or a combination and come in low, mid or ankle cut styles. For general trekking/hiking we recommend low/mid-height height, lightweight/midweight hiking boots/shoes with Vibram or Vibram type soles. Please note: If you have weaker ankles or are recovering from an ankle injury consider either the mid-height or the ankle height boots. Remember to waterproof your boots before the trip. (Even boots billed as 'waterproof' still need to be treated with a waterproofing product – it's the interior lining that is actually the 'waterproof' part of the boot, not the exterior.)

Personal First Aid Kit: We recommend bringing a small first aid kit with the following items: blister and/or foot remedies for blisters, hot spots, etc. (band aids/compeed/moleskin/personal choice), personal prescription medications, over the counter medications for common ailments (respiratory/colds, stomach issues, sore muscles/joints). Your AGC guide will have a first aid kit as well but if you already know what works for you it's best to have that with you.

Clothing: All clothing for active wear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. NO COTTON for your activewear. The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Lastly, the wind/rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length

leg zippers are useful for easily putting your pants on over your boots.

Trekking Poles: Trekking poles are essential for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. In addition they help conserve your energy by transferring some of the work to your arms and chest. For a detailed description of considerations when purchasing a pair of trekking poles please see:

<https://www.adventuresingoodcompany.com/Trekking-poles-for-hiking-trips-the-4-most-common-questions-2>

If you are purchasing trekking poles for your trip please make sure they meet the following guidelines:

1. Height of the poles can be adjusted
2. They have an upright (as opposed to cane-like) handle
3. Have wrist straps that can be adjusted

Thanks for reading
Happy Hiking!