



YOU(TH)
EMPOWERMENT
WHERE NATURE INSPIRES

PACKING LIST

Basics/Essentials

- Passport/ID Card
- Backpack/Travel Bag
- Pen & Notebook
- Scarf (for Blindfolding)
- Water bottles: total capacity 3L options: 1.5L hard plastic bottles (110g), aluminum bottles (190g), water bags (100g), or collapsible bottles.

Hygiene Kit & Personal Care

- Toothbrush
- Toothpaste: *Small, eco-friendly (DIY option: baking soda + coconut oil)*
- Soap: *organic or biodegradable*
- Towel: *light (quick-dry outdoor towels available)*
- Toilet Paper: max 1 roll, recycled paper

Optional: Based on your own needs

- Sunscreen
- Mosquito repellent
- Tampons/pads
- Your Glasses/ Sunglasses
- Medication: *Personal essentials; general medication for pain, inflammation and diarrhea may be useful if you are prone to these.*
- Watch/Phone

Clothes

- T-Shirts / Shirts

• Shorts: <i>Could be saved by zippered trousers</i>
• Trousers: <i>quick-drying, polyester/cotton blend has proven itself.</i>
• Long pants: <i>Replaces the second pair of trousers if necessary, and can be comfortable in the evening or in a sleeping bag.</i>
• Rain Poncho: <i>Alternatively, rain jacket and trousers are recommended, but an additional rain cover for the backpack is also required.</i>
• Jumper/Pullover: <i>Preferably wool or fleece</i>
• Jacket: <i>fleece or down. Otherwise, another not-too-heavy jacket or a thick woolen pullover.</i>
• Neckerchief: <i>Can also be used as a headscarf</i>
• Socks: <i>not too thin, a high wool content is favourable. If you get blisters easily, special hiking socks would be useful, as these provide extra padding for sensitive areas of the foot.</i>
• Hiking Boots: <i>should go over the ankles and have a treaded sole; If your shoes are new, they should be broken in beforehand; Wax leather shoes if necessary to keep them supple and waterproof</i>
• Slipper: <i>easy to put on and off</i>

YEP Provides
• First aid kits: <i>disinfectant, fever thermometer, splinter tweezers, tick forceps, Sam-Splint, fixation plaster, suture strips, blister plaster, etc. Treats for difficult situations</i>
• Repair Kit: <i>Sewing kit, tape, nylon patches, cord, hip belt buckle, bottle stoppers, sealing rings, waterproof storm matches, etc.</i>
• Water Filter: <i>These are special filters for water disinfection, which is affected by a ceramic element with an activated carbon core. They filter bacteria, protozoa, many chemicals as well as organic turbidity and are considered the safest method of disinfection.</i>
• Lighter

