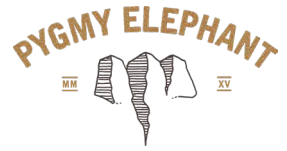


# Costa Brava Packing List



Shimmering seas, beach-side towns, and sunny days await you on the Costa Brava. As the weather on this trek is usually mild, and the infrastructure so good, packing is much simpler than for other treks. Focus on preventing sunburn and sunstroke (and heatstroke in summer) by bringing protective clothing and a water system that can hold 2 to 3 liters. Consider an umbrella, both for surprise downpours and protection from the sun. And bring your swimsuit!

## PRE-TRAVEL PLANNING

- ☐ Notify friends and family of travel plans
- ☐ Notify bank of travel plans
- ☐ Notify government of travel plans (optional)
- ☐ Ensure passport is current (6+ months validity)
- ☐ Obtain visas and travel documents
- ☐ Purchase travel insurance policy

## DOCUMENTS

- ☐ Passport and visas
- ☐ Travel insurance policy documentation
- ☐ Cash in euros
- ☐ Pygmy Elephant handbook
- ☐ Guidebooks and maps

## CLOTHING

- ☐ Broken-in hiking boots, shoes, or sandals
- ☐ Lightweight wool or synthetic hiking socks
- ☐ Quick-dry long-sleeved top
- ☐ Synthetic underwear
- ☐ Fleece midlayer (or similar)
- ☐ Lightweight hiking pants and/or shorts
- ☐ Waterproof and breathable jacket
- ☐ T-shirts and comfortable layers
- ☐ Swimsuit
- ☐ Water shoes (optional)

## GEAR

- ☐ Backpack (30–50 liters)
- ☐ Waterproof backpack cover
- ☐ Camelbak or water bottle ( $\geq 2$  liters)
- ☐ Umbrella
- ☐ Hiking poles
- ☐ Battery pack
- ☐ Knife or multi-tool
- ☐ First aid kit
- ☐ Repair kit
- ☐ Compass
- ☐ Ultralight hammock (for trail siestas)

## ACCESSORIES

- ☐ Hat (billed cap)
- ☐ Sunglasses
- ☐ Bandanna
- ☐ Slippers (optional)
- ☐ Flip-flops
- ☐ Earplugs and eye mask

## COSMETICS/MEDICAL

- ☐ Sunscreen and lip balm
- ☐ Towel (quick dry)
- ☐ Toothbrush, toothpaste, floss
- ☐ Shampoo, soap, hand sanitizer
- ☐ Blister plaster or moleskin
- ☐ Toilet paper and resealable bags
- ☐ Painkillers
- ☐ Medication

## FOOD

In addition to the following snacks, you may need to carry ingredients for lunch on the trail, assuming there is no restaurant available.

- ☐ Chocolate
- ☐ Trail mix
- ☐ Regional sausage or cheese
- ☐ Fresh fruit
- ☐ Energy bars
- ☐ Sports drink powder