



TMB – Equipment list



Clothing:

Warm hat or head band
Light gloves
Neck gaiter or a scarf
Sun protection: Sun glasses and a cap or hat
Some comfortable trousers for the evenings



Base layer:

One pair of synthetic underwear-top & bottom
3 T-shirts: 2 functional shirts for the hike (we recommend merino or synthetic), 1 comfortable shirt for the huts
One or 2 layers of socks (merino wool or synthetic)



Mid layer:

One fleece or merino pullover/ sweater
Optional: One insulation layer to keep you warm (we recommend you a primaloft or light down jacket)



Outer layer:

Rain/windproof (Gore-Tex) jacket with hood
Rain/windproof (Gore-Tex) pant / rain-pants
Optional: Long pair of underwear (thermal)
One pair of hiking pants: we recommend zip off trousers so you can save weight for additional shorts for hot days



Backpack:

35 to 40 Liter (around 2500 cubic inches)
You should be able to carry your gear comfortably
We recommend a backpack with a good waist belt
Choose the right body type (your torso length, not your height, matters most)
Rain cover



Boots:

Strong and waterproof leather hiking boots with a high ankle
Light weight shoes (e.g. sneakers, sandals) for the huts / evenings



General equipment:

Minimum 2-liter bottle or camelbag to fill up water or tea
Plastic bag or dry bag to keep your spare clothes dry
Sun cream at least SPF 20 we also recommend lip balm
Hut sleeping bag (silk or cotton)



Toiletry:

Tooth brush, paste
Washing soap
Small quick-drying towel



Optional:

Camera
Head lamp
Walking poles
Personal medicine if required (please inform your guide in case of emergency)