



Gear List for Walk Israel With CFHU – The Israel National Trail March 3-8, 2019

- **Daily backpack:** *comfortable and big enough for 3 liters of water, food for a day, sunblock, trekking poles etc.*
- **Rain gear:** *we will check the forecast a few days prior to arrival and update if necessary*
- **Trekking Poles:** *In some places with ladders etc., you will need to put them in your backpack*
- **Hiking Shoes or boots::** *for tough rocky terrain*
- **Sunglasses**
- **Sandals:** *for evenings*
- **Water container for 3 liters:** *we will supply the water in 1.5 liter bottles*
- **Headlamp**
- **Fleece Jacket or sweat shirt:** *it might be chilly, mainly in the evenings*
- **Ultralight Rain Jacket:** *we will update you*
- **Visor**
- **Bandanna**
- **Sun Block**
- **Bug Repellent**
- **Toilet Paper and Matches:** *(sorry, in the desert we burn the toilet paper that we use)*
- **Phone:** *Using a Sim Card with an Israeli service. I will also send you a list of interesting apps to download later*
- **Camera**
- **Voltage Adapter and chargers**
- **Energy snacks:** *of your liking for the walks*
- **Small towel:** *for the night out*
- **Anti-chafing ointment**

