

Section one: Packs and clothes

- 55 liter backpack Penguin
- Small ultra light pack/bag
- Tent
- Sleeping bag (comfort temperature around 7-9 degrees)
- Sleeping mat, ideally inflatable
- Trekking poles
- Hiking shoes
- Sandals
- Three pairs of
- Three pieces of underwear
- Swimsuit
- Shorts for hiking
- Long pants
- Shirt with short sleeves
- Shirt with long sleeves
- Primaloft/down jacket
- Headband (to protect us from cold)
- Brimmed hat (to protect from)
- Sunglasses
- Small rainproof jacket/poncho

Section two, cosmetics and first aid

- Mini deodorant
- Solid shampoo, bio quality
- Sunscreen
- Razor
- Toothpaste (quarter a tube)
- Toothbrush
- Small towel
- Hand disinfection liquid
- Earplugs (very important!)
- Rubber band and a small
- Few plasters
- Needle
- 8 ibuprofen pills
- Toilet paper
- 6 clothes pegs (for drying clothes)

Section three, Gear for cooking/survival

- Swiss knife (includes scissors to cut nails)
- Plastic/compostable spoon (but a durable one)
- Lighter and a pack of matches)

- Stove + Gas bomb + cooking pot (you can't carry a bomb on a plane so if you fly to Slovakia you'll have to buy a gas bomb here, which isn't a problem at all)
- Two 0.7 liter Nalgene flasks
- One 1.5 liter Nalgene flask

Section four, Electronics and leisure

- Mobile phone
- Mobile phone charger
- iPod (can help a lot on a difficult day)
- Small headphones
- Headlamp (very important)
- Book(s) (I had three books with me, but I read a lot :))
- Small notepad + pen/pencil (if you like to keep journal)
- French harp (or other musical instrument)

Section five, Documents and miscellaneous

- ID card
- Insurance card
- Credit/Debit card (there aren't many ATMs on the way, but you can pay with a card in many places)
- Some cash (we have Euro in Slovakia)
- Few plastic bags (for carrying dirty/wet clothes, etc)
- B12 in tablets (very important for me with my almost vegan diet)
- 0.5-1kg food reserve (some energy/raw bars, rice/couscous/buckwheat, chocolate, a bit of salt, etc).