



## Clothing

### ***Waterproof Jacket/Shell***

A robust waterproof and windproof outer shell. Must have breathable membrane like Gore-Tex or equivalent.

### ***Waterproof trousers***

Waterproof, windproof trousers preferably with braces and long leg zips for ease of fitting over boots (and crampons). Must have breathable membrane like Gore-Tex or equivalent.

### ***Fleece jacket***

Fleece jacket as the main warm layer.

### ***Fleece tops***

A combination of 2 to 3 mid-weight fleece tops. Fleece layers are more versatile than one heavy layer when combined with a good thermal base layer. One of the fleece layers can be carried as a spare layer. If you feel the cold then add or carry an extra layer.

### ***Hiking pants***

### ***Hiking socks*** (minimum 3 pairs)

### ***T-shirts***

### ***Thermal Liner***

Long sleeves and zip polo necks recommended.

**Warm hat:** Fleece hat with a windproof membrane. Make sure that any hat can cover the ears and the back of the head and neck.

### ***Sun hat***

**Bandana:** It is **optional** but something that will protect your neck from direct sun light is highly recommended

### ***Balaclava***

## Trekking / Travel accessories:

- Sun protection material
- Sun and Lip block: necessary and very important.
- Water bottles / Thermos (minimum 2 litres)
- Pocket knife or multi-tool
- Toiletry kit
- Small, quick-dry towel
- Personal first-aid kit.
- Adapter for any electrical appliances. The 220V current in Turkey.
- Camera, film and spare batteries