

Bulgaria's Mountains and Monasteries

Adventures in Good Company's suggested packing list

FOOTWEAR

- 1 pair lightweight waterproof hiking boots with good ankle support. They should fit comfortably, without constriction, when you are wearing one liner sock and one hiking sock.
- 1 pair comfortable walking shoes – should be supportive as streets are often rough or cobbled
- 2 pair thin liner socks: silk or synthetic equivalent (optional)
- 3 pair Hiking socks: wool or synthetic equivalent (Thorlo, Smartwool, Ultrex, or Polartec)

CLOTHING

- 1-2 pair comfortable, lightweight, synthetic hiking pants (Supplex, or nylon/polyester/spandex blend) Zip-off pants are ideal.
- 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Thermastat, MTS, or polypropylene)
- 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent (“expedition-weight” Capilene, MTS, Thermastat, or microfleece) A wool or fleece vest works well for this layer.
- 1 fleece or pile jacket
- 2 pair shorts: nylon shorts with liners are comfortable and easy to wash (unnecessary if you use zip-offs)
- 1 lightweight long-sleeved shirt for sun protection
- 2-3 T-shirts (at least 2 should be synthetic material and one can be cotton)
- 1 wide-brimmed hat for sun, rain, and high fashion
- 1 rain parka and rain pants: a **waterproof**/breathable fabric like Gore-tex is preferable. Partial or full-length leg zippers are great for easily putting your pants on over your shoes or boots.
- Underwear and pajamas or whatever you like to sleep in
- warm hat and gloves
- town clothes; e.g. pants, skirts, blouses etc.

EQUIPMENT

- 1 daypack lined with a plastic bag, large enough to carry your water, lunch, raingear, etc. A hip belt will make it much more comfortable to carry.
- pair of trekking poles (Highly recommended)

ESSENTIALS

- sunscreen and lip block with SPF of at least 15
- sunglasses (100% UV blocking) and retention strap
- 2 liter water carrying capacity (water bottle or hydration system)
- 1-2 bandannas

TOILETRIES (small everything)

- toothbrush, small toothpaste, dental floss, shampoo, moist towelettes, sanitary supplies and a zip-lock plastic bag, contact lens paraphernalia
- personal “patch kit”: bandaids, Compeed (blister bandaids) and moleskin, first aid or cloth athletic tape, foot powder, ibuprofen, personal medications, if any. **Individuals allergic to insect stings must bring an epi-pen.** Please consult your physician and tell your guide.

OPTIONAL

- small journal and pen
- camera and film
- compact binoculars
- favorite snacks
- book or small musical instrument
- shower shoes (like flip flops)
- iodine tablets (water in the Bulgarian mountains is generally considered safe to drink, so the choice of whether or not to purify drinking water is left to your discretion)

Bulgarians are very relaxed about dress codes, and for this tour ordinary daily clothes for sightseeing and evening meals at restaurants, etc. can be completely informal. When visiting the Monasteries, women should wear long skirts/wraps/trousers (to cover knees) and shirts/tops with sleeves (T-shirts are OK, the important thing is to cover shoulders). It is not necessary for women to wear headscarves or cover their hair when entering churches or monasteries.