

PACKING LIST - CAPPADOCIA'S CAVES AND VALLEYS

If you are joining the Turkey trip afterwards, follow that packing list and plan to wash clothes in between trips.

FOOTWEAR

- 1 pair of lightweight or midweight hiking boots: they should be well broken in and comfortable
- 1 pair of comfortable walking shoes, such as athletic shoes or Teva sandals
- 2 pairs of socks (2 should be wool/synthetic)

CLOTHING

- 1 - 2 pairs of comfortable lightweight supplex/nylon long pants/capris for hiking. Zip offs work well.
- 1 pair of shorts (optional) or hiking skirt
- 1 - 2 lightweight, light-colored, long-sleeved shirts to protect you from the sun- button up front is the best
- 1 - 3 T-shirts or sleeveless shirts; synthetics are much easier to wash out and dry faster than cotton
- 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent ("expedition weight" long underwear, microfleece). A fleece, synthetic, down or wool vest is good for this layer as well.
- 1 warm lightweight jacket for cool mornings and evenings on the boat - can be any material
- 1 rain jacket or parka: coated nylon or a waterproof/breathable fabric like Gore-tex
- Underwear/nightwear
- 1 wide-brimmed hat, visor, or baseball cap for sun and high fashion
- 1 or 2 sets of casual clothes to wear around town

EQUIPMENT/ESSENTIALS

- 1 daypack, 1 pack cover or large plastic bag to line backpack for waterproofing
- 1 liter water carrying capacity (water bottle or hydration system)
- Passport and a photocopy of your passport**
- Sunscreen and lip block with SPF of at least 15
- Sunglasses (100% UV blocking) and retention strap
- Capacity to carry 2 liters of water: 2 one-quart water bottles or a hydration system that fits in your pack. If you bring a hydration system for hiking, you may also want to bring 1 water bottle for other times
- Earplugs
- Watch, travel alarm
- Trekking Poles (highly recommended for this trip)

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, shampoo, contact lens paraphernalia (bring extras), sanitary supplies, soap, shampoo, washcloths (these are often not provided in Europe)
- Sunscreen and lip protection with sunblock of at least SPF 15 (absolutely essential)
- Personal medications, if any. If you're taking a prescription drug, bring a copy of the prescription or its generic name
- Small personal "patch kit": Band-Aids, Compeed or Second Skin, moleskin, cloth athletic tape, ibuprofen, personal medications, if any. Individuals allergic to insect bites must bring an anaphylactic kit.

NOTE: Individuals allergic to insect bites must bring an anaphylactic kit. Please consult your personal physician.

OPTIONAL (not required, personal preference)

- Camera (extra battery) and film
- Folding umbrella (great for hot days)
- Book, notebook, journal, pencil/pen
- Watch, travel alarm
- 1 or 2 bandannas
- Eye mask
- Sink stopper for hand washed laundry

NOTES ON PACKING

NOTE: THERE IS A 15KG WEIGHT LIMIT FOR INTERNAL FLIGHTS

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack!**

Daypacks: You will need a daypack that is large enough to hold the following items: 1 liter of water, rain gear, lunch/snacks (for the day), warm layer (fleece pullover or vest), lightweight gloves, warm hat and any other desired personal items such as camera, journal, etc. We recommend a daypack with a capacity of between 1600 and 2000 cubic inches or 26 -30 liters, and preferably with a hip belt, padded shoulder straps and 'lifters', all of which will make your pack more comfortable. If you're not sure if your pack is large enough, try packing it with everything you need for the day.

Footwear: Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

Clothing: No formal or especially dressy clothes are necessary during the trip, though a casual skirt or dress can be a nice change from shorts or pants. All clothing for active wear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. **NO COTTON** for your active wear. The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Raingear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

Hydration: Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

Trekking Poles: Trekking poles are optional but highly recommend for this trip. They contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions:

<http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions>

If you are purchasing trekking poles for your trip please make sure they meet the following guidelines:

1. Height of the poles can be adjusted
2. They have an upright (as opposed to cane-like) handle
3. Have wrist straps that can be adjusted.