

ADVENTURES

in good company

CINQUE TERRE AND THE ITALIAN RIVIERA PACKING LIST

FOOTWEAR

- ❑ 1 pair of lightweight hiking **shoes/boots** (They should be well broken in and comfortable)
- ❑ 1 pair of comfortable walking **shoes**, such as athletic shoes or Teva **sandals** with a heel strap
- ❑ 3-4 pair hiking socks: (wool or synthetic equivalent: **Smartwool**, **Bridgedale**, **Darn Tough**)

EQUIPMENT/ESSENTIALS:

- ❑ Passport and 2 photocopies of passport, covid vaccine card & digital copy/photocopy
- ❑ 1 pair **Trekking poles** (highly recommended)
- ❑ 1 **daypack** (24-40 Liter)
- ❑ Capability to 'waterproof' your backpack. Either a **rain cover** or a **heavy-duty plastic bag** to line your pack.
- ❑ Small **headlamp** or flashlight
- ❑ Capacity to carry 2 liters of water: 2 one liter 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
- ❑ **Sunglasses** (100% UV protection) w/**retention strap**
- ❑ **Quick drying pack towel**
- ❑ 1-2 **bandannas** and/or **buff**

CLOTHING

- ❑ 1-2 pairs comfortable, synthetic hiking **pants** (zip-offs work well)
- ❑ 1 pair of **shorts** or capris (quick-drying **nylon**)
- ❑ **2-3** synthetic **T-shirts or sleeveless shirts**
- ❑ 1 lightweight, long-sleeved **shirt** for hiking - button up front is the best
- ❑ 1 lightweight fleece **jacket**
- ❑ 1 rain **jacket** and rain **pants**: coated nylon or a waterproof breathable fabric like Gore-tex
- ❑ **Underwear**/nightwear
- ❑ 1 **wide brimmed** or **baseball style hat** for protection from the sun/rain
- ❑ **Bathing suit**
- ❑ 1-2 changes of comfortable clothes to wear to dinner (e.g. pants and/or skirt, with a couple of tops) try **Toad & Co** for sustainable options!

- ❑ Sunscreen and lip protection
- ❑ Ear plugs and eye mask (for a good night's sleep!)
- ❑ Insect repellent

TOILETRIES (SMALL EVERYTHING)

- ❑ Toothbrush and toothpaste
- ❑ Dental floss
- ❑ Hand sanitizer
- ❑ Shampoo
- ❑ Bug spray
- ❑ Personal items (contact lens supplies, sanitary items, personal medications.) If you're taking a prescription drug, bring a copy of the prescription or its generic name.
- ❑ Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen. If you are allergic to insect bites you must bring an EpiPen + antihistamine. Consult your physician.

OPTIONAL

- ❑ camera and film/memory card (extra batteries)
- ❑ cell phone, charger
- ❑ Small foldable sit pad
- ❑ wristwatch/travel alarm clock
- ❑ compact binoculars
- ❑ journal and pen
- ❑ Your favorite snack
- ❑ Folding umbrella
- ❑ Washcloth (most hotels in Europe supply towels but not wash cloths)
- ❑ Plug adaptor, European style
- ❑ Vest for layering
- ❑ 10 ft light cord and 4-6 clothespins, detergent
- ❑ Shower shoes (like flip flops)

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: Your daypack should be large enough to hold the following items: 1 – 2 liters of water, rain gear, lunch/snacks (for the day), sun screen, warm layer (fleece pullover or vest), personal first aid kit and personal items such as camera, etc. We recommend a daypack with a capacity of between 24 – 36 Liters (1500 and 2200 cubic inches) with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry, or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will 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: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your activewear! It should all be made from synthetic/synthetic blends, down/down blends, or wool/wool blends. 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.

RAIN GEAR: You will need a parka or jacket made of coated nylon or a waterproof/breathable fabric like Gore-tex, hellytech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this necessary 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. Partial or full-length leg zippers are helpful for easily putting your pants on over your boots.

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, a small roll of duct tape (always helpful!), and personal medications. 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 required for this trip. Trekking poles 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: [Trekking Poles for Hiking Trips: The 4 Most Common Questions](#)

Disclaimer: This packing list features some affiliate links. This means AGC gets a small commission if you make a purchase (at no extra cost to you). Thank you for the support!