



Air Temp
23-35°C (70-95°F)

7 Nights Hotel

Clothing

- Comfortable trekking trousers (zip off ones are useful as the weather temperature can vary a lot throughout the day)
- A couple of pairs of shorts
- A pair of broken in hiking boots (ankle support recommended)
- Long sleeved thermal top and bottoms
- A baseball cap/ sun hat and beanie
- A light down jacket or thermoball
- A couple of fleeces or midlayer
- A few t-shirts
- Long sleeves shirts or tops for around camp
- A fleece or jumper.
- Light weight down jacket
- Woolly Hat & gloves
- Underwear and socks
- Allow for extra clothes for your stay at the hotels
- Extra clothes for your evenings at the hotels

Accessories / Personal Items

- Toiletries
- Glasses or contact lenses
- Any medication you are currently taking
- Personal first aid kit
- 1 Litre Nalgene / Sigg or similar water bottle
- Sunglasses & chums
- Sunscreen with high protection
- Travel adaptors for charging equipment

Photographic Equipment

- An SLR camera
- A couple of lenses – some wide and some zoom/telephoto (recommended to cover the range of 15mm – 200mm)
- An external Speedlite flash (highly recommended but not essential)
- Plenty of memory cards
- A sturdy tripod
- Battery chargers for your camera
- A laptop with Adobe Photoshop preloaded (please let us know if you do not have a copy)
- An external portable hard drive is recommended to ensure you do not run out of space on your laptop
- A Lens cleaning kit and / or microfibre cloth
- A mobile phone for some cool selfies and behind the scenes snaps