

IBERIAN ADVENTURES

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CLOTHING AND EQUIPMENT PACKING/CHECKLIST FOR MOUNTAIN TRIPS:

HIKING, TREKKING (OVERNIGHT IN MOUNTAIN HUTS), CANYONING, MOUNTAIN BIKING & MULTI-ACTIVITY

Introduction

This document provides you with important information on varied aspects of your active tour with Iberian Adventures. Please read it and all included information carefully, as it could make all the difference between a holiday that is enjoyable and one that is not.

What you need to provide: Your personal equipment and clothing - see our recommendations - and a positive attitude!

Participants in Iberian Adventures "Mountain Trips" - Walking, Hiking, Trekking, Mountain Biking and Multi-Activity - should remember that these usually take place in mountain or other similarly demanding natural environments, often in sub-alpine zones at over 1500 m (4900 ft) elevation and that depending on your itinerary, you may be spending some time in the high mountains in exposed situations at well over 2,000 m (6560 ft) elevation.

In such environments, the most important factor in preparing your clothing and equipment is that utility, comfort and protection against possible bad weather are of primary importance. Do not worry about how you look - fashion is an irrelevant consideration in the mountains, where the weather can vary greatly during the course of a single day. We stress the need to dress in "layers", as this will enable you to adapt more easily to the range of conditions possibly encountered.

LAYERS:

- a thin "wicking" layer next to the skin, especially for the torso. Wicking materials are those that draw moisture from the skin and allow it to evaporate, dry quickly and insulate even when wet. This layer can be vital in keeping you warm, because wet garments in contact with the skin cause 25 times more heat loss than dry ones. These fabrics are usually based on a synthetic polyester or polypropylene" material and can be found under many brand names. **COTTON IS NOT GOOD AS A FIRST LAYER NEXT TO THE SKIN (on summer trips at lower altitudes and in guaranteed good weather with higher temperatures it can be acceptable).** It absorbs water, dries slowly and loses its insulating qualities when wet. Wearing cotton in exposed cold, wet and/or windy environments is **DANGEROUS** and can lead to hypothermia.
- Warm insulating layer(s) - this can be mid-heavyweight long underwear (not cotton), wool shirts or sweaters, synthetic fleece shirts or jackets or garments containing down. Down is very warm and light but loses all its insulating qualities when wet and dries slowly. Synthetic fleece is probably the most versatile choice for outdoor activities in most climates although a light down jacket is great to have in the evenings. In cold weather, several insulating layers may be necessary.
- Shell Layer - the shell should provide protection from wind and rain which can cause heat to be drawn away from the body at an alarming rate. The ideal shell is un-insulated, windproof, completely waterproof and completely breathable. While there is no single garment which can achieve all these objectives, there are various strategies that come close. The most popular approach nowadays is to have a single multi-functional shell layer, such as Gore-Tex (or other waterproof/breathable fabric) rain pants and rain parka. Another strategy is to carry two interchangeable shell layers: a breathable layer of wind gear plus a non-breathable layer of rainwear. This last method can be cheaper, but is heavier and more uncomfortable in rainy conditions. Make sure that your shell layer is big enough to allow for additional insulating layers underneath. A good hood is essential and should be big enough to wear a hat underneath.

FOOTWEAR – at least two (2) pairs of footwear are required:

- for all our mountain trips, **at minimum**, we **STRONGLY RECOMMEND** lightweight walking/hiking boots of the waterproof/breathable cordura/leather variety with stiffened vibram-type soles, for protection against the elements and comfort over a wide range of environmental and trail conditions. The ankle and lateral torsion support they provide can make a big difference in your comfort and safety when the trail gets a bit rougher – unavoidable at some point on all walks or treks through mountain and rural areas. On certain day hikes with easier trail conditions, footwear with less ankle support is acceptable for fitter walkers with strong ankles.
- Participants in "Hiking & Trekking" trips may prefer somewhat stiffer boots - of the semi-rigid type (very rigid boots are NOT advisable since you will not be carrying heavy packs or using crampons)
- For activities in and near accommodations, good sports shoes/trail runners are appropriate.
- "Sports sandals" are comfortable for after trail activities.
- **Flat-soled tennis-type/basketball-type/skateboard-type sports shoes/sneakers are INAPPROPRIATE** for walking along any of the trails used by Iberian Adventures. Such footwear is considered a legitimate reason for a professional mountain guide to refuse to allow the wearer's participation in a given activity, if in his/her judgement it may endanger the participant or other group members.

Special notes regarding footwear for Canyoneering/Canyoning

- Use footwear as if for light hiking with good soles and support. A snug fit is best – not loose-fitting. Toe protection and some sort of protection/covering for the entire foot area (including toes) is REQUIRED. Ankle protection is nice but not absolutely necessary. Imagine that you will be traveling over a variety of slippery, rocky surfaces, river bottoms, etc. Also on such routes, there will be some sort of short hike to access and exit the canyons. Most kinds of sandals (including those designed for kayaking/canoeing/rafting are NOT appropriate)!
- Take into account that whatever footwear you use for canyoning **will get wet** and will therefore not be useable for other activities until they dry out. Therefore, you'll need another pair of boots for the other activities on the trip.
- Most canyoneering activities will require the use of thin neoprene socks (provided), but just in case bring a pair of thick socks to be worn instead.

Breaking in footwear

It is extremely important that the boots be well "broken-in" before coming on the tour. Wearing footwear that has not been "broken-in" is a sure recipe for blisters and an unhappy experience. For most modern lightweight boots and walking shoes, the "breaking-in" process is very short and can be accomplished by wearing the footwear first around the house for a few hours at a time and then on progressively longer walks outdoors over a period of several days.

SPECIFIC GEAR FOR OVERNIGHTS IN MOUNTAIN HUTS ("TREKKING" TRIPS ONLY)

Some itineraries include 1 or more nights at mountain huts, where you sleep on bunk beds in a dormitory-style setting. Blankets and pillows are provided, so most people bring a travel sheet or bag liner, especially in summer. Another option is to bring a lightweight sleeping bag. If the weather is good, those who enjoy such things may take the recommendable option of sleeping out under the stars - "bivouac"-style - this would require a 3-season bag and a sleeping pad. Space is always a prized luxury when packing for a holiday and each person's criteria are different - some prefer to bring bags - giving them the possibility of sleeping outdoors, and some choose to save space and weight by bringing liners to sleep indoors.

The following list of clothing and equipment is fairly comprehensive, and applies to year-round activities. If you come in mid-winter, extra items are necessary, while in summer you might eliminate the warm long pants and the gloves – for example. Naturally, there is room for personal choice and experienced travellers/trekkers/bikers may take a good deal less than we recommend or other items we have not included. Items which we regard as essential are marked in **bold with an asterisk(*)**.

We have provided the list in checklist format to help you in supervising the packing process. Please ask us if you have any queries about clothing and equipment.

Suggested Clothing and Equipment Checklist for Mountain Trips

<u>SPECIFIC CLOTHING FOR OUTDOORS</u>	<u>NUMBER</u>	<u>CHECK</u>	<u>SPECIFIC EQUIPMENT FOR OUTDOORS</u>	<u>CHECK</u>
* Walking/hiking-specific boots or shoes with ankle support	1 pair		*Sunglasses with retainer Spare glasses	
* Spare pair of more comfortable walking shoes	1 pair		* Water bottle / canteen (1 + Litre)	
*(CANYONEERING/MULTI-ACTIVITY TRIPS) "River" shoes old or spare light hikers are ok	1 pair		*Sunscreen (water/sweat resistant) *Lip Protector	
*Medium to Thick walking or hiking socks (wicking wool / polypropylene / cotton blend is best)	3 pairs		*Small to Medium (20 - 30L) sturdy daypack / rucksack: (HIKING TRIPS & MULTI-ACTIVITY) - big enough to carry water bottle, rain jacket, insulating layer, notebook, sunscreen, snacks, camera, gloves, hat, etc.	
*Medium or heavyweight fleece sweater or jacket	1		* sturdy overnightpack or mid-size (35-55L) rucksack (only for "TREKKING" TRIPS - if your trip includes an overnight stay in a mountain hut, as you'll need more clothing, personal items, etc.)	
Lightweight wool or polar fleece sweater	1		*Small flashlight/torch/batteries	
Lightweight down jacket or sweater	1		*Health Insurance Card or details	
*Waterproof jacket and pants (Breathable-GoreTex or similar is best)	1 set		*Small personal first aid kit	
*Lightweight Capilene or similar (wicking material) long-sleeve shirt	1 or 2		Notebook / diary w/ pencil or pen	
* Lightweight Capilene or similar (wicking) short-sleeve T-shirt	1 or 2		*Money	
*(CANYONEERING/MULTI-ACTIVITY TRIPS) "rashguard" or similar (surfwear) to wear under neoprene suits	1		*Spare boot laces (important on hiking trips!)	
*Warm fleece or wool hat	1		*Quart size Ziplock bags or similar (for wallet, toilet paper, etc) * Litre-size Ziplock bags or similar (for maps, or notebook, etc.)	
* Fleece or other warm gloves (temps can drop in summer storms!)	1 pair		*plastic shopping-type bags (for carrying own trash to civilization)	
*Widebrimmed sun hat (or other type, but covering neck is best)	1		Towel (quick drying type) especially for overnights at mountain huts	
*Long walking pants - loose-fitting quick-drying material is best. <u>Denim</u> "blue" jeans are not appropriate!	1		Washing Kit / toothbrush, etc.	
Walking shorts			Reading Material	
Cotton T-shirts			*Passport	
*WINTER ONLY- Polypropylene or similar (wicking material) long underwear to wear during cool weather exercise			Camera	
*WINTER ONLY: Warm long pants to wear after exercise			Binoculars	
			Pocket knife or multi-tool	
OTHER CLOTHING ITEMS			Bandana	
*Warm long-sleeve shirt (flannel, etc) to wear after exercise or in evening			Trekking/walking poles – these should breakdown small enough to fit in luggage.	
*Comfy sports sandals – to rest feet after day's walking.			*Universal electrical adapter (or Spain-specific)	
Mid-weight socks (cotton OK)			Small sewing kit	
Underwear			*toilet paper/tissues (small emergency supply)	
Casual Wear			Moisturising cream Wetwipes - moist cleaning tissues	
Pyjamas			Scissors	
Long-sleeved shirts			*Emergency whistle	
Swim suit (in summer only)			Emergency blanket or bag (lightweight reflective material packs down fist size)	
Gaiters (useful on hiking & trekking trips in Spring/Fall)			*Compass & mapcase (very important on self-guided hiking tours)	