CARPATHIAN BASE

Three days in the Bucegi · Padina-Peștera · 1 525 m

WHAT TO PACK

ON YOUR FEET

- ☐ Hiking boots with ankle support, broken in — not new, not trainers
- ☐ 2–3 pairs of wool or synthetic socks (no cotton)
- ☐ Trainers or sandals for the evening

IN THE PACK

- ☐ 25–35 l daypack with a rain cover
- ☐ Water: 1.5–2 l a day, bottle or bladder
- ☐ Head torch with fresh batteries
- ☐ Sun cream and sunglasses — UV is fierce above the treeline
- ☐ Personal first aid: blister plasters, painkillers, your own medication
- ☐ Power bank; the signal is good on the plateau, patchy in the gorges

LAYERS

- ☐ Base layer: merino or synthetic, long-sleeved
- ☐ Mid layer: fleece or light down
- ☐ Waterproof jacket with a hood — the one thing we never set out without
- ☐ Hiking trousers, quick-drying; shorts if you like, but bring the trousers
- ☐ Hat and thin gloves, all year: the plateau at 2 000 m is not the valley

GOOD TO HAVE

- ☐ Trekking poles, especially for the descents
- ☐ A dry bag or two for the camera and the phone
- ☐ Swimwear if your package includes the SPA
- ☐ A small bag for your rubbish — everything we carry up comes back down

ADD FOR THE SEASON

MAY – JUNE

— Waterproof trousers
— Spare socks — the meadows are wet
— Insect repellent

JULY – AUGUST

— Sun hat
— Lightweight rain shell for afternoon storms
— Extra water

SEPTEMBER – OCTOBER

— Warm hat and gloves
— Thermal base layer
— Head torch: the light goes early

DECEMBER – MARCH

— Insulated jacket
— Waterproof gloves
— Gaiters and warm boots
— Snowshoes and poles — we provide them

We provide the technical kit for what we do: helmets where needed, binoculars for the wildlife dawns, snowshoes in winter, the group first-aid kit. If you are missing something on the list, tell us before you fly — it is easier to sort out in Bucharest than at 1 800 m.