

Bulgaria

7 Summits

Packing List

Travel Documents

- ☐ Passport 6mts Valid
- ☐ Insurance Papers
- ☐ Photocopy of passport

Footwear

- ☐ Robust hiking boots with good tread (well broken-in)
- ☐ No trainers on this trip.

Clothing

- ☐ Waterproof jacket (helmet-compatible hood preferable)
- ☐ Waterproof trousers
- ☐ Wicking base layerwarm
- ☐ mid-layer (fleece or light synthetic), spare warm layer
- ☐ Hat, buff, and two pairs of gloves (one spare dry pair)
- ☐ Hiking trousers (no jeans/cotton)

Other

- ☐ Sunscreen, sunglasses, lip balm; personal meds; cash/card for meals
- ☐ Travel towel (hostel towels may be hired)

Safety

- ☐ Head torch with fresh batteries
- ☐ Personal first-aid and blister kit
- ☐ Emergency bivvy/survival bag and whistle
- ☐ Fully charged phone in waterproof pouch; power bank
- ☐ Water 2–3Ltr total capacity (bottles or bladder)
- ☐ High-energy personal sugary snacks for long days.

Additional Personal Items

(Add your own personal items here)

- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----

Seasonal/route-specific notes

- ☐ Late May can still be cold/wet on ridges; pack warm layers.
- ☐ Light scrambling and sustained rocky terrain, good boots essential.