

Greece

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 layer warm
- 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)

- _____
- _____
- _____
- _____
- _____
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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.