

PACKING LIST

Here is the list of materials needed to carry out the Pyrene Explorer journey successfully. Follow these recommendations and check before starting the expedition that you have all the required material. Contact us if you have any questions about the items on the list, we will be happy to provide you with any details about sizes, materials, and where you can find them. **It is important not to carry more weight than is strictly necessary**, remember that the entire route is done on foot and that you carry all this material on your back during the expedition.

The **backpack must have a minimum capacity of 60L**, and once is packed, count that you must have about **20% free space left** to be able to carry food, part of a tent, and contingency equipment.

Valid PASSPORT + Declaration of Consent to Travel

Spending money (~40€)

Sports shoes with mountain soles (1)

!!They should not be new, it's important that you have already used them to avoid sores and blisters on the feet.



Hiking boots (1) ← !!We will definitely use them on the last day to climb Aneto with crampons

Light sandals - for around the camp (like Crocs, Teva, or Havaianas)

60L - 80L capacity backpack + rain cover + emergency blanket + collapsible hiking poles

Inflatable sleeping pad + mummy style compressive sleeping (-5°C temperature rating)

+ waterproof sleeping bag cover



Plastic bowl and cutlery

1-liter water bottle (2)

T-shirt (5) + shorts (2) + socks (5)

!!They have to be made of synthetic material or merino wool, avoiding cotton.

Long sleeve thermal shirt + long thermal leggings + long socks + wool gloves

+ neck warmer+ winter hat

Long sleeve fleece + long pants

Warm down or synthetic fill insulating jacket + waterproof jacket

Long waterproof pants




Cap + sunscreen + lip balm (2) + 1 set of padding for blister prevention

Headlamp with 2 sets of batteries



Toothbrush + toothpaste + shower soap + toilet paper

OPTIONAL

- Pajamas *With underwear you sleep perfectly.*
 - Swimsuit *Shorts + sports bra works!*
 - Quick-drying towel *We also get dry in the sun/wind or with a used T-shirt*
 - Sunglasses
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PLEASE DO NOT PACK THE FOLLOWING

- Electronic devices
- Knives or multi-tools of any kind

If you lack any equipment you can use our [rental service](#) and we will have it ready upon your arrival. We have sleeping bags (-7°C confort), sleeping mats, 60L capacity backpacks and waterproof sleeping bag covers available. For more information you can contact us: +34 606 088 183 (Èlia) and +34 659 642 794 (Raül), or by e-mail info@pyreneexplorer.camp.