

Wear/Carry

- Sturdy hiking boots or trail shoes with good grip
- Quick-dry clothing (avoid cotton stays wet and heavy in humidity)
- Rain poncho or jacket (weather turns fast)
- Hat for sun

Pack

- Water - at least 1.5–2L, plus purification tablets if streams are involved
- Trail snacks/light lunch
- Insect repellent
- Sunscreen
- Small first aid kit + any personal medication
- Headlamp or torch Power bank
- Trekking pole(s) if the terrain has real inclines