

A few ITEMS

<p>waist pack</p> 	<p>buff</p> 	<p>fleece</p> 	<p>fleece vest</p> 
 <p>convertible pants</p>	<p>compeed (blister kit)</p> 	<p>ziplock bags</p> 	<p>sitting mat</p> 
<p>lightweight pack</p> 	<p>water holder</p> 	<p>down jacket</p> 	<p>dry bag</p> 
<p>thermal base layer (thermic shirt)</p> 	<p>sleeping bag liner</p> 	<p>shampoo bar</p> 	<p>inflatable pillow</p> 
<p>three-in-one spoon knife and fork</p> 	<p>hooded rain cloak (poncho)</p> 	<p>trekking sticks</p> 	<p>beanie</p> 

Watch this: https://www.youtube.com/watch?v=VNpuP_6delo&ab_channel=Efr%C3%A9nGonz%C3%A1lez

Bring no cotton but synthetic items, so that they dry very fast.
Trekking boots or running shoes? Which are better for blisters? It's up to you to decide.