

RECOMMENDED CLOTHING AND EQUIPMENT LIST

- ✓ Lightweight, quick-dry, long shirts and pants for the forest
- ✓ T-shirts and shorts
- ✓ Long trousers and fleece jacket for the evening
- ✓ Rain jacket
- ✓ Bathing suit
- ✓ Lightweight, comfortable and quick drying (sport-) shoes for the forest.
- ✓ A pair of sandals (eg. "Tevas", flip-flops" or "crocs")
- ✓ Sun hat
- ✓ Sunglasses
- ✓ Insect repellent
- ✓ Sunscreen
- ✓ A small backpack for the hikes
- ✓ Camera
- ✓ Pocket umbrella/ Knirps
- ✓ A good book
- ✓ Shampoo