

## Recommendation for the trip

For the type of the sites you must need to carry the following staff:

- Sun Block
- Small notes
- Sleeping Bag
- Personal First kit Aid
- Sun Glasses
- Long trousers
- Long Sleeves
- Warm Clothes
- Gloves
- Light Torch
- Lips Stick
- Cream for hands and face
- Hat for sun
- Hat of wool
- Scarf
- Trekking boots

Note. - Take care your Back Bag and always keep on eye for everything.