



Best of Provence Gear List

*Optional

**Optional but recommended

Hiking Gear

- Sturdy approach shoe or light trekking boot
- Lightweight, collapsible ski poles**
- Daypack (25-30 litres) with rain cover specific to the pack

Clothing

Even though Provence has a Mediterranean climate, some of our hikes will be at higher elevations (i.e. 2,000 m / 7,000 ft) and there are occasional rainy days in spring and fall. We recommend the 'layering system': Bring light, technical clothing that doesn't take much space in your backpack and dries quickly when sweaty or wet. Layers must be put on and taken off quickly as weather conditions change during the day. There may be days when you can wear cotton, but your main clothing choices should be synthetic or wool. Merino wool is a nice material for base layers and t-shirts because it is comfortable, warm, and it does not retain odours even after many days of use.

- Wind and waterproof shell jacket with hood (Gore-Tex or similar)
- Lightweight wind and water-resistant over pants (Gore-Tex or similar)
- Lightweight synthetic trekking pants or zip-offs
- Light to medium weight Primaloft jacket with hood
- Light to medium weight fleece sweater
- Synthetic or wool base layers – top and bottom
- Synthetic shorts and t-shirt
- Quick-drying sports bra
- 2-3 pairs good quality trekking socks
- Warm hat that covers your ears
- Lightweight synthetic gloves
- Sun hat, preferably with a wide rim
- Bandana or Buff*

Lodging

- Casual clothing, spare socks and underwear, and comfortable footwear for the nightly accommodations
- Toiletries

Other items

- Sunglasses with high UV protection
- Sunscreen and lip protection with high SPF
- Small container bug spray or cream
- One or two, one-litre water bottles
- Headlamp with new battery
- Your favourite hiking snacks - candy bars, dried fruit, nuts, etc. Lunches and snacks can be purchased at the huts or in the villages
- Personal first aid kit and other needs (eg. blister kit, prescription medicine, anti-inflammatory, contact lenses, prescription glasses, etc.)
- Pocket knife*
- Passport, health and travel insurance documents
- Light stuff sacs or Ziploc bags to keep your backpack organized and important items dry**
- Camera, spare batteries*
- Maps, GPS, altimeter watch*
- Hand sanitizer or sanitary hand wipes
- Feminine hygiene supplies
- Telephone with charging cable*
- Adaptor for European charging system*