



Clothing & Equipment Checklist

Clothing

- Trekking shoes*
- Gym shoes
- Flip flops
- Long and short sports pants
- Breathable t-shirts
- Sweatshirt or sweater
- Rain jacket or poncho**
- Sunglasses
- Cap

Equipment

- Rucksack
- Flashlight a/o faceplate
- Water bottle
- Watch**
- Yoga mat**
- Costume for the “Throw-it back to the 90s” Detox party**
- FP2 face mask**
- Towel
- Shampoo
- Sunscreen
- Insect repellent and after-bite cream
- Personal medicines
- Tissues

Check-in documents:

- ID and health insurance
- University badge (if you are a matriculated student)
- Photo of a negative self-swab-test for Covid-19**
- Camp enrollment fee in cash**

Other (optional)

- Alarm clock
- Hydroalcoholic disinfectant **
- Camera

Notes:

- * Check that they are in good condition
- ** The AERAT center provides disinfectants for shared use