

# ADVENTURES

*in good company*

## PORTUGAL COASTAL HIKING PACKING LIST

### FOOTWEAR

- ❑ 1 pair of lightweight hiking **shoes/boots** (They should be well broken in and comfortable)
- ❑ 1 pair of comfortable walking **shoes**, such as athletic shoes or Teva **sandals** with a heel strap
- ❑ 1 pair of **water shoes** for crossing the river
- ❑ 2-3 pair hiking socks: (wool or synthetic equivalent: **Smartwool, Bridgedale, Darn Tough**)

### EQUIPMENT/ESSENTIALS:

- ❑ Passport and 2 photocopies of passport,
- ❑ 1 pair **Trekking poles** (required)
- ❑ 1 **daypack** (21-35 Liter)
- ❑ Capability to 'waterproof' your backpack. Either a **rain cover** or a **heavy-duty plastic bag** to line your pack.
- ❑ Small **headlamp** or flashlight
- ❑ Capacity to carry 2 liters of water: 2 one liter water **bottles** or a **hydration system** that fits in your pack.
- ❑ **Sunglasses** (100% UV protection) w/**retention strap**
- ❑ **Quick drying pack towel (medium size)**

### CLOTHING

- ❑ 1-2 pair comfortable, synthetic hiking **pants** (zip-offs work well)
- ❑ 2 pairs of **shorts** or capris (one should be quick-drying **nylon**)
- ❑ **2-3** synthetic **T-shirts or sleeveless shirts**
- ❑ 1 lightweight, long-sleeved **shirts** for hiking - button up front is the best
- ❑ 1 lightweight fleece **jacket**
- ❑ 1 rain **jacket** and rain pants: coated nylon or a waterproof breathable fabric like Gore-tex
- ❑ 1 puffy **coat**
- ❑ **Underwear**/nightwear
- ❑ 1 **wide brimmed** or **baseball style hat** for protection from the sun/rain
- ❑ Lightweight winter **hat** for warmth
- ❑ **Lightweight gloves**
- ❑ **Bathing suit**
- ❑ 1-2 changes of comfortable clothes to wear to dinner (e.g. pants and/or skirt, with a couple of tops) try **Toad & Co** for sustainable options!

- ❑ 1-2 **bandannas**
- ❑ **Sunscreen** and **lip protection**
- ❑ **Ear plugs** and **eye mask** (for a good night's sleep!)
- ❑ 220V 3-tier **converter**

### TOILETRIES (SMALL EVERYTHING)

- ❑ **Toothbrush** and **toothpaste**
- ❑ Dental **floss**
- ❑ Hand **sanitizer**
- ❑ **Shampoo** & conditioner
- ❑ Personal items (contact lens supplies, sanitary items, personal medications.) If you're taking a prescription drug, bring a copy of the prescription or its generic name.
- ❑ Personal **first aid/patch kit** - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen. If you are allergic to insect bites you must bring an Epipin + antihistamine. Consult your physician.

### OPTIONAL

- ❑ Camera and film/memory card (extra batteries)
- ❑ Cell phone, charger
- ❑ Small foldable **sit pad**
- ❑ **Wristwatch**/travel alarm clock
- ❑ Compact **binoculars**
- ❑ **Journal** & pen
- ❑ Your favorite snack
- ❑ Compact **umbrella**
- ❑ **Washcloth** (most hotels in Europe supply towels but not wash cloths)
- ❑ Short Leg **Gaiters** (to keep sand and dirt out of hiking shoes – highly recommended by previous travelers)
- ❑ In addition to the normal packing list, please also remember to pack face masks (N95/**KN95** recommended), a COVID-19 rapid test, and a small bottle of hand **sanitizer**

**ADVENTURES IN GOOD COMPANY'S** packing list covers everything you need to ensure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. At the same time, you must be able to carry your own luggage, sometimes up and down stairs.

**DAYPACKS:** Your daypack should be large enough to hold the following items: 2 liters of water, rain gear, lunch/snacks (for the day), sunscreen, a warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity of between 21-35 liters with a hip belt, padded shoulder straps, and 'lifters'. Before you leave home, check to be sure that it is comfortable to wear all day and has sufficient space for all of your items.

**PACK COVER:** These are waterproof/resistant, usually elasticized covers designed to go over your backpack and keep both the pack and its contents dry in case of inclement weather. Pack covers are sized. If you are purchasing a pack cover, be sure to either take your pack with you or know the size cover you need. Many daypacks do come with built-in pack covers. An alternative to purchasing a pack cover is to use a heavy-duty plastic bag to line your pack to protect the contents from rain – your pack, however, will get wet using this method.

**FOOTWEAR:** Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes before your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle— you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

**CLOTHING:** The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. **NO COTTON** for your activewear! It should all be made from synthetic/synthetic blends, down/down blends, or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied-weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

**RAIN GEAR:** You will need a parka or jacket made of coated nylon or a waterproof/breathable fabric like Gore-tex, hellytech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this necessary purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs. Partial or full-length leg zippers are helpful for easily putting your pants on over your boots.

**HYDRATION:** Being able to easily access your water without assistance so that you can drink frequently is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a HYDRATION SYSTEM such as Camelbak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

**PERSONAL FIRST AID KIT:** Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, a small roll of duct tape (always helpful!), and personal medications. The guides will have a first aid kit, but having what you know works well for you is a good idea.

**TREKKING POLES:** Trekking poles are required for this trip. Trekking poles contribute to your safety by improving your balance and stability and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions: [Trekking Poles for Hiking Trips: The 4 Most Common Questions](#).

**Disclaimer:** *This packing list features some affiliate links. This means AGC gets a small commission if you make a purchase (at no extra cost to you). Thank you for the support!*