



THE ULTIMATE

ADVENTURE RETREAT PACKING GUIDE

Everything you need for your WOW journey

From volcano summits to barefoot islands

Pack light. We've got you covered.

wowwomenofthewild.com

Here's the Good News

You don't need to pack like you're climbing Everest. Porters carry all the heavy stuff - tents, sleeping bags, food, water, cooking gear. All of it. You just carry a small daypack with your personal essentials for the day.

Seriously. That's it.

I've done this trek. I know what you actually need and what ends up sitting in your bag untouched. So trust me on this one - pack light and you'll be so much happier.

The Golden Rules

1. Layers are everything - mornings are cold, afternoons are hot
2. Quick-dry fabrics are your best friend
3. Comfortable shoes you've ALREADY broken in (please!)
4. Less is more - really, truly, less is more
5. Pack for the challenge AND the celebration

What's Already Provided

- Tents and all camping equipment
- Sleeping bags and sleeping mats
- All meals and water on the mountain
- Porters to carry everything
- Women guides who know this mountain inside out

You literally just show up with your daypack. We've got the rest.

TREKKING DAYS

Footwear (The Most Important Thing)

- Hiking boots - ankle support, broken in, comfortable
- Sandals for camp evenings
- Flip flops for island days

I cannot stress this enough - break in your boots BEFORE you arrive. Blisters on day one will make everything harder. Wear them on walks, hikes, around the house. They should feel like old friends by the time you get here.

What to Wear

- Moisture-wicking tops (2-3) - no cotton!
- Lightweight hiking pants or leggings (2)
- Hiking shorts (optional)
- Warm layer - fleece or lightweight down jacket
- Rain jacket - packable, waterproof
- Warm beanie for summit morning (it's COLD at 2am)
- Sun hat with brim
- Buff or neck gaiter - so versatile for sun, dust, cold
- Hiking socks - merino wool is the best (3-4 pairs)
- Sports bras (2-3)
- Underwear - quick dry
- Gloves for summit morning (lightweight is fine)

YOUR DAYPACK

This is all you carry each day. Keep it light - around 5-7kg max. Everything else goes with the porters.

The Essentials

- Small daypack (15-20L is plenty)
- Headlamp + extra batteries - non-negotiable for summit day
- Water bottle (1-2L)
- Sunglasses
- Sunscreen SPF 50+
- Lip balm with SPF
- Camera or phone
- Rain cover for daypack (or a plastic bag works)

Nice to Have

- Trekking poles - highly recommend, saves your knees
- Small dry bag for electronics

Pro tip: Pack what you'll need during the day in your daypack the night before. The rest stays in your main bag with the porters.

RECOVERY & ISLAND DAYS

After the mountain, we celebrate. Think barefoot luxury - nothing fancy, just comfortable and relaxed.

What to Pack

- Swimsuits / bikinis (2)
- Coverup or sarong
- Light dress or nice outfit for our celebration dinner
- Comfortable loungewear
- Light cardigan or wrap for evenings
- Yoga clothes if you want to practice

Island Essentials

- Sunscreen
- Waterproof phone pouch
- A good book
- Journal and pen - you'll want to capture everything

Pack your island clothes separately. When we transfer from the mountain to the island, you can leave your trekking gear behind and travel light.

TECH & DOCUMENTS

Electronics

- Phone + charger
- Camera if you want one (phones are honestly great)
- Universal adapter
- Headphones for travel days

Documents - Don't Leave Home Without

- Passport (valid 6+ months beyond travel dates)
- Travel insurance documents (required for WOW retreats)
- Copies of passport - digital AND paper
- Emergency contact info
- Credit/debit cards (notify your bank you're traveling!)
- Some local currency for arrival

Email yourself copies of all important documents. Then you can access them anywhere with wifi.

HEALTH & TOILETRIES

The Basics

- Blister prevention - moleskin, tape, blister patches (seriously)
- Pain relievers
- Electrolyte packets - great for hydration
- Any prescription medications you take

Toiletries - Keep it Simple

- Small quick-dry towel
- Travel-size toiletries

About Altitude

We climb to 3,726m (12,224 ft). That's real altitude. Everyone responds differently. The key is staying hydrated, moving at a steady pace, and listening to your body. Our guides know how to pace the group safely. If you have any health concerns, chat with your doctor before the trip.

Start hydrating well before you leave home. Arrive rested. Limit alcohol on the mountain. Your body will thank you at 2am on summit day.

BEFORE YOU GO

The Week Before

- Break in those hiking boots (if you haven't already!)
- Notify your bank you're traveling
- Set up international phone plan or plan to get local SIM
- Download offline maps
- Send copies of documents to yourself
- Start hydrating!

Carry-On Must-Haves

- Passport & travel docs
- Medications
- One change of clothes (in case luggage is delayed)
- Phone, charger, power bank
- Headlamp
- Snacks for the journey

Here's the truth: you don't need as much as you think. The mountain strips away the extras and reminds you what actually matters. Pack light, trust the process, and bring your whole self - that's really all you need.

See you on the mountain.



