



JORDAN PACKING LIST

We encourage you to stick to the basics as much as possible, and remember that you are responsible for ensuring your own comfort. Temperatures will range from 8C at night in the desert (46F) to 30C (89F). This list comes from years of collective trekking experience, along with a nod to the climate, terrain and length of the G'WA for Jordan. Most of your gear will be transported for you each day. You'll be required to carry your own water, sunscreen, raingear and layers in a comfortable daypack.

| "EQUIPMENT" | Importance | CHECK |
|---|-------------|--------------------------|
| 95L soft-sided "Expedition" duffel or backpack (NO WHEELS) | Essential | <input type="checkbox"/> |
| 30-36L backpack with rain cover for daily carry of personal items | Essential | <input type="checkbox"/> |
| 3-season sleeping bag | Essential | <input type="checkbox"/> |
| Waterproof bag liner(s) to keep clothes/sleeping bag dry | Essential | <input type="checkbox"/> |
| Smaller waterproof bags to organize equipment/clothes | Essential | <input type="checkbox"/> |
| Head lamp and spare batteries | Essential | <input type="checkbox"/> |
| 2 -3L Platypus or Camelbak water carrier + 2 x 1L water bottles | Essential | <input type="checkbox"/> |
| Sunglasses with 100% UV protection, blocks sun from the side | Essential | <input type="checkbox"/> |
| Trekking poles, collapsible are best | Essential | <input type="checkbox"/> |
| Charging Adapter (Jordan power plug sockets are of type C, D, F, G and J) | Essential | <input type="checkbox"/> |
| Carbohydrate/Electrolyte tablets for adding to drinking water | Recommended | <input type="checkbox"/> |
| Camera with spare batteries and memory cards | Recommended | <input type="checkbox"/> |
| Travel towel | Essential | <input type="checkbox"/> |
| Travel pillow | Recommended | <input type="checkbox"/> |
| Favorite Snacks (you can buy locally, too) | Optional | <input type="checkbox"/> |
| Ear plugs, eye mask | Optional | <input type="checkbox"/> |



| CLOTHING | Importance | CHECK |
|---|-------------|--------------------------|
| GoreTex or breathable waterproof jacket with hood | Essential | <input type="checkbox"/> |
| GoreTex or breathable waterproof trousers to fit over hiking pants | Essential | <input type="checkbox"/> |
| Mid-weight hiking pants for Umm Al Dami climb | Recommended | <input type="checkbox"/> |
| Lightweight trekking pants and/or shorts for warm days | Essential | <input type="checkbox"/> |
| Synthetic down lightweight jacket | Essential | <input type="checkbox"/> |
| 1 x long-sleeve fleece top for layering | Essential | <input type="checkbox"/> |
| 3 x short-sleeve, synthetic hiking t-shirts for wicking (no cotton) | Essential | <input type="checkbox"/> |
| Leggings or mid weight wicking long/thermal underwear/base layers for tops and bottom | Essential | <input type="checkbox"/> |
| Warm fleecy hat/head band which covers ears for cool nights | Essential | <input type="checkbox"/> |
| Your SWTW hat or other favorite wide-brimmed hat | Essential | <input type="checkbox"/> |
| Casual clothes for time in Amman (think conservative) | Essential | <input type="checkbox"/> |
| Comfy pants for lounging/changing into in evenings | Recommended | <input type="checkbox"/> |
| Swimsuit | Essential | <input type="checkbox"/> |
| 3 sports bras, 3-4 pairs moisture-wicking underwear | Essential | <input type="checkbox"/> |
| 1 x "Buff" or other scarf for dusty trails | Essential | <input type="checkbox"/> |
| FOOTWEAR | | |
| GoreTex or Leather Hiking boots – water repellent, fully broken in with ankle support | Essential | <input type="checkbox"/> |
| Trainers or lighter-weight footwear for evenings | Recommended | <input type="checkbox"/> |
| Flip-flops or crocs | Essential | <input type="checkbox"/> |
| 4-5 x pairs of hiking socks, tested in advance with your shoes | Essential | <input type="checkbox"/> |
| 1 x pair of heavier-weight socks for cold nights | Essential | <input type="checkbox"/> |



DOCUMENTS

Importance

CHECK

| | | |
|--|-----------|--------------------------|
| Passport and photocopy of passport—stored separately from passport | Essential | <input type="checkbox"/> |
| 1 passport sized photo—again, stored separately | Essential | <input type="checkbox"/> |
| Your own cash currency to change into Dinar | Essential | <input type="checkbox"/> |
| Credit card / additional funds in case of curtailment | Essential | <input type="checkbox"/> |
| Emergency contact list | Essential | <input type="checkbox"/> |
| Travel Insurance / Trip Interruption / Cancellation Insurance (you must bring your policy details and the 24-hour Emergency contact phone number) | Essential | <input type="checkbox"/> |

PERSONAL FIRST AID

Importance

CHECK

| | | |
|---|-------------|--------------------------|
| Ibuprofen / Aspirin / Paracetamol | Essential | <input type="checkbox"/> |
| Antihistamines | Essential | <input type="checkbox"/> |
| Water Purification Tablets* | Essential | <input type="checkbox"/> |
| Rehydration powder | Essential | <input type="checkbox"/> |
| Anti-Diarrhea tablets | Recommended | <input type="checkbox"/> |
| Antiseptic wipes | Recommended | <input type="checkbox"/> |
| Throat lozenges | Recommended | <input type="checkbox"/> |
| Muscle Rub / Deep Heat / Gel for sore muscles | Recommended | <input type="checkbox"/> |
| Knee supports (if required) | Recommended | <input type="checkbox"/> |
| Band-aids suitable for Blister Care | Essential | <input type="checkbox"/> |
| Antibiotics for “travel tummy” just in case | Recommended | <input type="checkbox"/> |
| Any prescription medications you require | Essential | <input type="checkbox"/> |



| TOILETRIES & OTHER | Importance | CHECK |
|--|---------------|--------------------------|
| Antibacterial hand gel | Essential | <input type="checkbox"/> |
| Toilet roll or packs of travel tissues | Essential | <input type="checkbox"/> |
| Sunscreen (at least factor 30+, ideally 50+), lip balm | Essential | <input type="checkbox"/> |
| Wet wipes for personal hygiene | Recommended | <input type="checkbox"/> |
| Toothbrush and small tube of toothpaste | Essential | <input type="checkbox"/> |
| Soap / Face wash | Essential | <input type="checkbox"/> |
| Shampoo and shower products (pack light!) | Essential | <input type="checkbox"/> |
| Insect repellent, wipes, sprays | Recommended | <input type="checkbox"/> |
| Feminine hygiene products | If applicable | <input type="checkbox"/> |
| Contact lens solution (and/or pair of back-up glasses) | If applicable | <input type="checkbox"/> |
| Comb or hairbrush | Recommended | <input type="checkbox"/> |
| Safety-pins or small clothespins for hanging laundry | Recommended | <input type="checkbox"/> |
| Light-weight clothing detergent for hand washing clothes | Essential | <input type="checkbox"/> |
| Your sense of humor | Essential | <input type="checkbox"/> |
| Your positive, go-with-the-flow attitude | Essential | <input type="checkbox"/> |
| Small washcloth | Optional | <input type="checkbox"/> |

Footnote (pun intended!)

*We cannot stress enough the importance of socks and footwear combination. As a general rule, you will want to go up at least a half size in your hiking boots. Feet swell in the heat and after hours of walking. In regards to socks, you may need to experiment in advance to find what works best for you. The goal is COMFORT, and NO BLISTERS. We are partial to brands that offer double-lined options, or even toe-socks can help to limit any potential friction. Do not leave these decisions to the last minute. It is critical to have your footwear broken in, with the socks you intend to walk in.