

Personal Equipment

1. Passport/Identity card
2. Health Insurance Police
3. Sleeping bag
4. Isolating blanket
5. Personal medicaments
6. Sunblocker
7. Sunhat
8. Bathing clothes
9. Outdoor clothes (also for cool days and nights or rainy weather)
10. Toilet bag with toothbrush, tooth paste, soap/shampoo, comb, ...
11. Towel
12. Sports and spare spectacles or glasses/daily contact lenses
13. Money, credit card
14. Writing utensils, paper
15. Plate, cup, spoon, fork, knife
16. ... something to read ...
17. Good fitted sneakers, which can get wet (they should not get lost while swimming), alternatively: Surfing- or Neoprenshoes
18. Music instrument suitable for outdoor
19. Outdoor drinking bottle/Lunchbox