- A small daypack
- Comfortable, broken-in footwear with non-slip soles
- A warm mid-layer and an insulated jacket
- A windproof and waterproof jacket
- Quick-drying clothing and an outfit for warm weather
- A warm hat, gloves and a buff
- A sun hat, sunglasses and high-SPF sunscreen
- A flask or water bottle
- A head torch
- A power bank and a plug adapter
- Waterproof protection for documents and electronics on boat trips
- A personal first-aid kit and medication prescribed by your doctor