gaia EXPEDITIONS

PACKING LIST FOR WILD TRIPS



The list we use on every Gaia expedition, from the Icelandic Highlands to the Tibetan plateau. Tick it off the week before you fly, and adjust it to where you're going.

DOCUMENTS

- [ ] Passport valid at least 6 months after the trip, with blank pages
- [ ] Visa, if your destination needs one
- [ ] Travel insurance with cancellation and medical cover, including your activities (hiking, altitude, boats)
- [ ] Printed copies of flights and hotels, in case your phone or the apps don't work

CAMERA

- [ ] Camera body and spare batteries (cold drains them fast)
- [ ] A 24-70 or similar, plus a wide lens and a tele if you have them
- [ ] Memory cards and an SSD for backups
- [ ] Polariser and ND filters
- [ ] A tripod light enough to carry on the trail
- [ ] Rain cover for the camera and bag
- [ ] Drone, after checking the local rules

CLOTHING

- [ ] Fully waterproof jacket and trousers
- [ ] Warm mid layer and a light down jacket, even in summer
- [ ] Waterproof hiking boots, already broken in
- [ ] Sandals or water shoes for river crossings
- [ ] Hat, gloves and a buff
- [ ] Swimsuit: hot springs happen

HEALTH AND COMFORT

- [ ] Sunscreen, lip balm and sunglasses
- [ ] Sleep mask for long summer light
- [ ] Reusable bottle and electrolytes
- [ ] Basic first aid and your personal medication
- [ ] Altitude medication, if your doctor recommends it
- [ ] Small daypack for days on the trail
- [ ] Quick-dry towel

TECH

- [ ] Laptop with your editing software
- [ ] Power bank, cables and chargers
- [ ] Universal adapter
- [ ] Offline maps, and a VPN where apps are blocked

THREE THINGS WE'VE LEARNED

1. Back up your cards every night. The best photo of the trip is always on the card you didn't copy.
2. Pack light. On a Gaia trip we always share gear, so you don't need to bring every lens.
3. Bring your favourite snacks. Long days chasing the light don't always line up with lunch.
