

Suggested equipment list – Circuit de l'Abbaye

- Backpack (maximum 35 litres for women; 45 litres for men)
- Map of the Circuit
- Walking stick (essential to keep dogs at bay and as a walking aid)
- Animal repellent spray (optional)
- Healthcare card
- Sleeping bag (depending on your choice of accommodations)
- Cash, credit card, ATM card
- Address book
- Notepad and pencil
- Water bottle or bag (holding at least 1.5 litre)
- Lightweight utensils
- Safety pins
- Waterproof bag or zipper plastic bags (to protect items from the rain, keep items together, hold a first aid kit, etc.)
- Medication (if you take any!)
- Sunscreen
- Mosquito repellent
- Everything you need to care for sore feet and muscle aches
- Watch
- Pocket knife
- Flashlight/headlamp
- Spare eyeglasses and sunglasses
- Camera
- Toiletries
- A kit for attending nature's calls: toilet paper and plastic zipper bags (to store used paper), a trowel, hand sanitizer
- Walking shoes and a spare pair of shoes
- Enough clothing for the journey (thin socks, thick socks, underwear, t-shirts, shorts, pants, windbreaker, hat, raincoat, polar fleece sweater, night clothes)
- Energy bars, nuts and dried fruits
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