Trekking and Tours, North Sumatra

The climate here is hot and humid so it is best to wear loose fitting and cotton clothing. If you have booked or planning to go jungle trekking, you don’t need special clothing or equipment but there are a few useful things to have especially if you’re camping in the jungle overnight such as a headtorch and sleeping bag liner etc.

**What to bring**

* Shorts and T-shirts
* Long trousers, leggings and long-sleeved top for the evenings.
* Swimming trunks (for men), swimsuit, shorts & singlet (ladies) - this is a Muslim country, its polite to be respectful
* A day backpack, 20 - 35 litres for trekking
* Pair of walking shoes, trainers or boots with socks
* Sandals or flipflops
* Sarong or travel towel
* Raincoat or poncho
* Plastic bags or sealable bags to keep electrical items in
* Hat or cap
* Insect repellent (can also buy here), sun-cream, hand sanitizer
* Head torch or torch can be useful
* Personal medical kit - items can be bought here like, paracetemol, plasters etc.
* Reusable water bottle, cutlery and straw to help reduce to the plastic
* Container or something to put cigarettes butts in if you are a smoker
* Optional: Camera, Mobile Phone, Binoculors, Go-Pro/Action Camera