# **logo PdFASCENT - Equipment list**

**Equipment for outdoor activities:**

* large backpack (approx. 60 liters with rainproof cover for backpack )

(can be rented at PDF)

* daypack ( approx. 20 liters)
* sleeping bag (comfort zone 0°C and less) (can be rented at PDF)
* sleeping mat (light weight) (can be rented at PDF)
* head lamp
* pocket knife (small)
* cup and bowl (plastic or aluminium), spoon
* water bottle or camelbak (min. 1l, max. 2l)
* sunglasses (100% UV rating recommended) and sunscreen
* Band-Aids, moleskin or second skin
* light microfiber towel
* cycling shorts
* cycling jersey
* bike gloves
* running shoes
* mountaineering boots (Your boots must have strong ankle support, a ¾ shank, and VibramTM or equivalent soles, Goretex is recommended)

**Optional (for those travelling by car):**

* 2 heavy-duty garbage bags, 1/2 dozen large Zip Loc™ freezer bags – excellent for watertight packing
* personal climbing equipment (harness, helmet, climbing shoes, via ferrata set)
* hiking poles (telescope)
* mountain bike
* bike helmet
* bike repair kit, spare tube

**Clothing for outdoor activities:**

* waterproof rainwear (jacket, pants) breathable fabric is preferable, Gore-Tex is the best, 3 layers.
* light clothing (shorts, T- shirts)
* warm clothing,
* softshell jacket (preferably fleece)
* underwear
* long underwear
* swimwear
* sport clothing
* hiking pants (not jeans)
* cap (for sun protection) warm hat (wool or fleece)
* Hiking socks

**Equipment/Clothing for school:**

* any required personal medication
* personal toiletries
* house shoes
* english bible (small, translation – not paraphrase), small notebook, writing materials
* clothing for lectures, church, celebrations
* Towels

**Optional:**

* camera (mobile phones are NOT permitted on some tours and can’t be used as a camera)
* portable musical instruments

**Note:**  
The electrical voltage in Romania is 220 Volts AC 50Hz, so if you intend to bring any electrical  
appliances, you may need to bring a voltage converter as well as an adaptor plug.