Rural Life in Northern Greece

Packing Tips

September 9 – 21, 2005

A. Touring portion of the trip:

Dress on the trip will be very casual; dress for comfort. You will need to bring both a suitcase for normal touring and a relatively small backpack for the two long hikes.

In early/mid September the weather in Greece is generally dry and pleasant at lower elevations (i.e. not necessarily in the mountains), with temperatures in the 70’s during the day and down into the 50’s at night. However, at higher elevations (i.e. on the days we will be walking) it is cooler and temperatures can drop quickly in the mountains. One needs to be prepared for temperatures dipping as low as freezing. While the fall rainy season generally begins at the end of September, you’ll also need to be prepared for rain. Basically, anything is possible in the mountains!

B. Walking portion of the trip:

All meals will be provided on the hikes and you will be sleeping in warm beds each night in mountain refuges or village inns. Sleeping bags and cooking equipment are not needed. If you’ve never done European style village-to-village or hut-to-hut hiking, you may want to look at some websites to familiarize yourself with the concept. There are many companies offering walking tours throughout Europe, including Greece. The following sites are informative.

1. European Ramblers Association: http://www.era-ewv-ferp.org/?home
3. HF Holidays: http://www.hfholidays.co.uk/longdistancetrails/dalesway/index.asp

We will all share the load in carrying food for our trail lunches, and each of us will carry our own gear. It is recommended that you bring an internal frame backpack for greater comfort in carrying a load of up to 20 pounds (2,500 -3,000 cubic inches will suffice; larger is OK). Essential gear to pack on the three-day walks (in addition to the clothes on your back):

- Rain gear (rain pants and jacket)
- Warm clothes, including a windbreaker (optional if you have an appropriate rain jacket instead); gloves; warm hat; two of the following: wool sweater, polar fleece or warm vest; and long underwear (tops and bottoms). With several layers of clothing you can easily adjust to changing weather conditions. It is folly to skimp on warm clothes, even in a warm climate like Greece.
- A “sleeping sheet” (you can buy these or sew one from a sheet)
- A change of underwear
- Two water bottles (at least 1 quart each)
• Headlamp or flashlight
• Toiletries, including a small bar of soap (which you can get in a hotel room)
• Sunglasses and sunscreen
• Cap with a visor
• Whistle
• Watch
• A book to read
• Sturdy walking shoes; 2 pair of wool socks; 2 pairs of liner socks
• Walking stick(s) are highly recommended but optional.

Feel free to bring any additional items you may wish to, but remember that you’ll have to carry it! Sam, Laurel and our mountain guide will bring jack-knife, maps, compass, first aid kit, rope, and other emergency gear so for this “guided” trip you do not need to pack these “essentials”. 