

THAMES PATH PACKING LIST

Clothing

- ☐ Fleece jacket x 2
- ☐ Activewear pants x 2
- ☐ Cashmere sweater
- ☐ Merino wool long sleeve top x 2
- ☐ Merino wool t-shirt
- ☐ Camisole
- ☐ Jeans
- ☐ Underwear
- ☐ Bra x 2
- ☐ Merino wool Socks
- ☐ Pajamas
- ☐ Swimsuit

Outerwear

- ☐ Rain gear (jacket + pants)
- ☐ Down vest
- ☐ Ball cap
- ☐ Stocking hat

Foot Wear

- ☐ Hiking boots
- ☐ Trail running sneakers
- ☐ Comfy sandals/slippers

Toiletries

- ☐ Pharmacy: Gas-x, Ex-Lax, EmergenC, NyQuil, Advil, Kleenex, cough drops, etc
- ☐ First aid kit
- ☐ Toiletry kit
- ☐ Sleep kit

Travel Accessories

- ☐ Passport/ETA application
- ☐ Plug adapters for UK outlets
- ☐ Blister packs/moleskin
- ☐ Water bottle x 2
- ☐ Notebook/pens
- ☐ Laptop/phone/chargers
- ☐ Power bank
- ☐ Lacrosse ball
- ☐ Snack bag
- ☐ Pee cloth
- ☐ Thames Path passport
- ☐ Guidebook/maps
- ☐ Wet bag
- ☐ Selfie stick/tripod
- ☐ Electrolyte packets
- ☐ Hiking poles (optional)

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