

Recommended equipment

- Mobile phone + external bank
- ID + some cash (20/30 BGN)
- Running vest + soft flasks
- Nutrition (bars / gels you may want to fuel with)
- First Aid Kit
- Sunscreen / Sunglasses
- Hat / Bandana / Cap
- Waterproof jacket
- Gloves
- 2 pairs trail runnings shoes with good traction
- Trekking poles (highly recommended)
- Moisture wicking clothing and socks
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Please notice that this is a recommendation based on personal experience. Do not limit yourself from bringing other essentials you may need.

Mountains can be a hazardous environment and safety should always be in highest priority.

In case of emergency dial