Colombian
The Colombian Way

Cocora & Los Nevados 3-day treks

Packing checklist

Porters are not available. Pack only what you can comfortably carry.

Footwear and clothing

- [ ] Worn-in waterproof hiking boots with good traction
- [ ] Gaiters (optional)
- [ ] Lightweight dry shoes or sandals for evenings
- [ ] Quick-drying daytime trekking clothes
- [ ] Thermal underwear
- [ ] Warm fleece
- [ ] Insulated jacket
- [ ] Waterproof jacket
- [ ] Waterproof trousers
- [ ] Warm hiking socks
- [ ] Dry socks for sleeping
- [ ] Gloves
- [ ] Woollen hat
- [ ] Dry thermal sleepwear

Overnight and personal care

- [ ] Lightweight sleeping bag liner
- [ ] Small quick-drying towel
- [ ] Personal toiletries
- [ ] Toilet paper
- [ ] Wet wipes
- [ ] Resealable plastic bag

Trekking equipment

- [ ] 30-40 litre rucksack
- [ ] Large bin liner or waterproof dry bags
- [ ] Refillable bottle or hydration bladder (at least 1.5 litres)
- [ ] High-calorie snacks
- [ ] Head torch
- [ ] Spare batteries
- [ ] Power bank

Sun protection and health

- [ ] High-SPF sunscreen
- [ ] High-SPF lip balm
- [ ] UV-blocking sunglasses
- [ ] Sun hat
- [ ] Insect repellent
- [ ] Personal medication, if needed
- [ ] Hydrocolloid blister plasters (if prone to blisters)

Documents and money

- [ ] Passport or copy
- [ ] Travel insurance details (if applicable)
- [ ] 150,000 COP in cash, in notes of 20,000 COP or less

Provided on the trek

Filtered drinking water, trekking poles and rain ponchos on loan, meals, mattresses and heavy blankets at the mountain fincas.