

Pack for the coast

A printable companion to the three-day sample itinerary.

For the walk

- ☐ Walking shoes with grip
- ☐ Light waterproof jacket
- ☐ Warm mid-layer and spare socks
- ☐ Sun hat and sunscreen

In your daypack

- ☐ Refillable water bottle
- ☐ Small snack and reusable lunch box
- ☐ Charged phone and power bank
- ☐ Personal medication

Before departure

- ☐ Save the itinerary to your phone
- ☐ Check the latest organizer message
- ☐ Confirm dietary and access needs
- ☐ Keep your booking documents separately