

## Guidelines Karavan-walk Greece and Turkey

### **About the way of travelling:**

This time the way is very long and therefore we have cut it in pieces, which are travelled in different ways: walking, bus and maybe even horse-riding on some sections. This means that you have to be very mobile and adaptive, and the same holds true for your luggage. Remember: less is more on a journey like this. As last year, also the way we spent the night will be very variable and not always as planned.

### **Luggage:**

You are expected to take your own basic equipment for walking and camping, as listed below. The donkeys/car can carry the tents, and some of your personal luggage. But in principle you must be able to carry your own luggage in case of emergency.

Maximum weight of all your luggage: 8 kilo's for women, 12 kilo's for men. Tents excluded.

Take a small backpack for daily needs.

Take a bag or backpack that is adjustable and soft, which is best for donkeys.

You do not have to take cooking-stuff: we will take that and it will be transported by car.

We will also care for general medical first aid stuff.

### **Luggage list:**

Tent	Clothes, the obvious, but be sure to bring:
Sleeping bag and mat	Good hiking shoes and socks
Towel and toilet stuff	Long pants and long-sleeve shirt
Camera	Vest or fleece
Water bottle	Swimming suit
Plate, mug, spoon, fork, knife	Thin raincoat
Toilet paper	
Insect-repellent (preferably containing DEET).	
Other personal needs ( f.e. medicines, sun block, hat, etc.)	

### **Timing per day:**

You have seen the planning on the time schedule. We have to walk about 20 km a day, to get it all done. Please consider that a group tends to get slow: it takes the speed of its slowest member. As the trail is insecure you cannot walk this trail alone or in sub groups. So we really have to stay together. We want to have done the biggest part by midday, so that we have time for resting, swimming, interviewing, etc. in the afternoon. So: the earlier we leave the better. In June/July it will be really hot; we will leave with the sunrise. Probably you will wake up with the light anyway. We could have breakfast underway. Though this might sound a bit like military discipline, it is the most pleasurable and easy way in the circumstances. In the weekends you can take rest at your own time.

### **Costs:**

Contributions from participants are for expenses like donkeys, donkey food, guides, etc. and – after confirmation from us that you can join – have to be paid in advance to the foundation.

We are looking forward to meet you and train our muscles in advance.

The VEF wander team