



# Living Lebanon

## What to bring on our tours?

Hiking Tours	
May to September	October to April
<ul style="list-style-type: none"> <li>• Water (1.5 ltr)</li> <li>• Comfortable (hiking) shoes</li> <li>• A backpack (min. 20 liters)</li> <li>• Sunglasses</li> <li>• Sunscreen</li> <li>• A hat/cap</li> <li>• A small snack</li> <li>• Extra changing T-Shirt</li> </ul>	<ul style="list-style-type: none"> <li>• Water (1 ltr)</li> <li>• Comfortable (hiking) shoes</li> <li>• A backpack (min. 20 liters)</li> <li>• Sunglasses</li> <li>• A warm sweater / jacket</li> <li>• A small snack</li> <li>• In case of expected rain: A poncho or waterproof jacket</li> </ul>

Cultural Tours	
May to September	October to April
<ul style="list-style-type: none"> <li>• Water (1.5 ltr)</li> <li>• Sunscreen</li> <li>• Sunglasses</li> <li>• A hat/cap</li> </ul>	<ul style="list-style-type: none"> <li>• Water (1 ltr)</li> <li>• A warm sweater / jacket</li> <li>• In case of expected rain: A poncho, waterproof jacket or umbrella</li> </ul>
<p>For <b>Tripoli</b>: Women are advised to dress appropriately (e.g. no shorts or short skirts) and bring something to cover their arms, legs, and hair for when we visit the mosque.</p>	

Wine & Beer Tours	
May to September	October to April
<ul style="list-style-type: none"> <li>• Water (1.5 ltr)</li> <li>• Sunscreen</li> <li>• Sunglasses</li> <li>• A hat/cap</li> </ul>	<ul style="list-style-type: none"> <li>• Water (1 ltr)</li> <li>• A warm sweater / jacket</li> <li>• In case of expected rain: A poncho, waterproof jacket or umbrella</li> </ul>