

## FOR THE HIKERS: WHAT TO BRING?

### THE BASICS:

- Backpack 25/30 litres
  - Water bottle (at least 1.5 litres)
  - Trekking boots (with non-slip soles, in GOOD CONDITION)
  - Trekking sticks
  - Cap, sunglasses, sunscreen, bandana or neckband (useful in case of windy days), lip protection stick
  - Rain cape or waterproof jacket, waterproof backpack cover, gaiters or waterproof overtrousers
  - A small towel
  - **Health insurance card** (to take with you for free health care in case of emergency)
  - **Cash to pay for mountain huts** (it is generally not possible to pay by debit or credit card)
  - **Small health kit:** plasters and disinfectant wipes, plasters for blisters, needle and thread (to pierce the blisters), personal medicines
- The guides will bring along a first aid kit

### CLOTHING

*These are my tips to save space and still have the things you really need (a good guess!):*

- 2 T-shirts as spare linen
- 1 lightweight fleece
- 1 fleece or lightly padded gilet for walking and/or for the evening or windproof or lightly padded jacket
- 2 pairs of trekking socks (preferably new or at least nearly new but with the padding in good condition)
- A spare pair of trousers (the ones we are wearing can get wet)
- No pyjamas
- Personal hygiene (toothbrush, toothpaste, creams)
- Sandals or light shoes for the evening

### FOOD AND SNACKS

Mountain huts will provide lunch boxes. Bring along the extra snacks you like; some suggestions: dehydrated fruit (apricots, raisins, figs, etc.), dried fruit (almonds, nuts...) power bars with cereals and fruit, chocolate

### OTHER USEFUL THINGS (but not essential)

- Sleeping bag lining (in some refuges sheets are provided on request at an additional cost of €3-5)
- Headlamp or small torch
- Cellular phone and charger
- Camera (for those who don't use a smartphone) and charger
- After sun cream
- Insecticide and/or tick repellent
- A book, small notepad and pencil, it's nice to write down the feeling or ideas that journey will offer us.