

Gear List for Trekking

Required

- 1 backpack (with rain cover , 25-35 liter size)
- 1 pair hiking boots recommend Gore-tex lined (broken in prior to trip)
- 1 pair ice cleats for crossing snow fields
- 1 set raingear – tops and bottoms (waterproof! Not water-resistant)
- 1 lightweight fleece sweater or fleece vest
- 1 mid-weight fleece sweater or soft-shell jacket
- 1 light down jacket
- 1-2 pair synthetic hiking pants or shorts
- 1-2 T-shirts - with wicking properties
- Several pair of underwear
- 1 pair long pants
- 1 long sleeve shirt
- 2-3 pair hiking socks – Wool or wool-blend preferred
- 1 pair extra shoes for wearing at the end of the day and in town
- 1 hat with brim
- 2 liter water bottle or hydration bladder
- Sun glasses
- 1 pair trekking poles
- Small towel or microfiber sport towel, for use in the huts
- Headlamp
- Personal toiletries, such as toothbrush, toothpaste, deodorant, sun screen, razor, lip balm
- Light weight gloves
- Knit hat for cold weather
- Sleeping sheet liner
- Ear plugs for use in the mountain huts
- Sleepwear (for shared rooms or mountain huts)
- Charging cable if you bring a phone – with european adaptor

Optional:

- Camera
- Binoculars