



# PACKING LIST

## Day Hike

### Clothing:

- Sturdy footwear (hiking boots) and comfortable hiking socks
- Long trousers (ideally water-repellent)
- Shirt & sweater (ideally functional clothing)
- Rain jacket

### In your backpack:

- min. two litres of water
- a spare shirt (you should not get cold in case you are sweating)
- a warmer sweater (it can get quite cold in autumn)
- hat
- gloves
- sunglasses
- sunscreen, personal medication
- tissues
- money
- ID
- camera
- snacks

### Optional:

Trekking poles