



PACKING LIST

Multi-Day Trekking

Clothing:

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

In your backpack:

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| ■ Min. two litres of water | ■ Sunglasses |
| ■ One or two spare shirts (you should not get cold in case you are sweating) | ■ Sunscreen |
| ■ Warm sweater | ■ Personal medication |
| ■ Hat | ■ Tissues |
| ■ Gloves | ■ Money |
| ■ Spare socks | ■ ID |
| ■ Underwear | ■ Camera |
| ■ Spare clothing for the hut/overnight stay | ■ Snacks |
| | ■ Tissues |
| | ■ Toiletries |
| | ■ Small towel |
| | ■ Chalet liner (thin sleeping bag) |

Optional:

- Earplugs (highly recommended)
- Headlight
- Trekking poles