

## Trekking Tours – IMG31/35/36

### Equipment list for Trekking Tours / Assisted Treks

#### Boots and Clothing:

- ☐ Hiking Boots – The boots should be made of leather (or leather and synthetic) with high cut to give sufficient ankle support. Preferably the sole should be soft but robust. Gore-Tex or alternative waterproof membrane is a preferable extra.
- ☐ A Long sleeve shirt (thermal underwear) – Wool or synthetic.
- ☐ Light wool or fleece sweater (2nd layer).
- ☐ Trousers (2nd layer) – Strong and light material that dries quickly. Wind resistant and water repelling preferable.
- ☐ Rain Jacket or an Anorak with a hood – Has to be waterproof and preferably breathable material (Gore-Tex or equivalents).
- ☐ Rain trousers – Waterproof and breathable material.
- ☐ Liner Gloves – Wool or synthetic (polypropylene / polyester).
- ☐ Mittens /Gloves– Wool or synthetic (optionally waterproof) (two pairs if no Liner Gloves).
- ☐ Socks – Wool or synthetic. Two or three pairs.
- ☐ Hat or Balaclava – Wool or synthetic.

#### Other gear:

- ☐ Backpack for extra clothes and food during the day. Size: 30-50 liters.
- ☐ River shoes – Walking sandals with a good grip are a good choice, along with a pair of warm socks. Regular open sandals are not sufficient for the purpose. Old pair of light sneakers do nicely to ford the rivers but they don't dry easily and can be a heavy addition to your backpack.
- ☐ Sleeping bag – A basic sleeping bag with no specific temperature rating is sufficient for this trek since all the huts are heated.
- ☐ A travel sack for the baggage that is transported between the huts. Note that suitcases are to be avoided.
- ☐ Towel – A light weight and packable one.
- ☐ Toothbrush and toothpaste.
- ☐ Sunglasses – Big enough to cover the eyes and with sufficient UV-protection.
- ☐ Sun protection.

- ☐ Water container – Pet plastic bottle.

**Optional gear:**

- ☐ Walking poles.
- ☐ Gaiters – Calf or knee height and wide enough for your boots.
- ☐ Neoprene socks – A preferable item on trips where we have to cross many rivers.
- ☐ Pen knife.
- ☐ Sun/rain hat or a cap.
- ☐ Thermal mat (for lunch breaks).
- ☐ Camera, spare batteries, a memory card or films.