



## Recommended Packing, Gear List & Other Tips

### Essential Clothing

- Hiking backpack. A chest strap and waist strap are essential to help to distribute the weight. A 30 L backpack should suffice.
- Comfortable and worn in trekking boots.
- Warm hat.
- Cap.
- Sunglasses.
- Good quality Merino Wool walking socks.
- Base layer tops (Merino Wool is the best choice).
- Warm mid-layer tops.
- A water and windproof layer (jacket and pants) eg. Gore-Tex.
- 1x Walking trousers.
- Light gloves.
- Shorts.
- Buff or Snood.
- A natural or synthetic down jacket.
- Casual clothes & footwear for evenings. One set is enough as you will not wear them for a long time.
- Nightwear and underwear.
- Sleeping bag liner- either silk, cotton or fleece (for use in the Mountain Huts).
- Sandals or flip flops.

### Essential Accessories

- Personal toiletries: shampoo, soap, shavers, moisturizer, travel towel (for stays in the Mountains Huts).
- Toilet roll/tissues.
- Ziplock bags are handy for convenient leak-proof storage.
- Sun block and lip balm.
- Electrical socket adapter.

- Energy bars/snacks.
- Personal first aid kit + any personal medications you need to take.
- Phone, Camera, batteries and charger.
- Airtight and waterproof 'dry bags' are great for keeping your clothes dry and storing your dirty laundry separate from clean clothes!
- Head lamp and batteries (spare batteries too).
- Walking poles are highly recommended on Alps paths.
- Cash (Euros and Swiss Francs) & Credit Cards.
- Pocket knives or cutlery can be useful for picnics.
- WATER- please be able to carry 2 liters of water.
- Your sense of humor and adventure!

## **For Luggage Transfer**

- Duffle bag (soft) and not exceeding 15 kg to carry your extra stuff.

## **Useful Extras**

- Binoculars.
- Book or e-reader.
- Notebook and pen.
- Ear plugs.

## **What To Take With You In Your Day Pack**

- 2 liters of water.
- Sunscreen, sunglasses, sun hat, lip balm.
- Warm fleece or thermal layer and gloves.
- Water proof layer.
- Lunch
- Head lamp.
- Hand sanitizer/soap and toilet paper.
- Camera.
- Money for snacks/drinks along the trail.
- Any personal medications you require during the day (you will not have access to your luggage being transported until evening).
- The rest you can put into your main bag which will be carried to the next accommodation.

## **What About Gear I Want To Leave Before The Trek?**

Before departure for your trek you might pack your 'town clothes' or anything you don't need on trek with you and ask your hotel to store them for you. (if you come back to the same hotel). If you want to do this, then consider bringing or buying a simple bag here for this purpose.

### **First Aid Kit**

It is recommended that you bring a small personal first aid kit including your preferred painkillers, throat lozenges, bandages, tape for blisters, etc. If you are taking regular medication, you **MUST** bring those medicines with you **PLUS** an extra supply in case one pack is lost. If you have any allergies and/or take any medications, you **MUST** advise us when booking your trek!

For the medication and pain relievers listed below, we recommend that you check with your doctor before and add what you need based on personal requirements

- An analgesic.
- An anti-inflammatory (pills or gels).
- Anti-diarrheal tablets
- A disinfectant, band aids (several sizes), mole skin, sterile compresses, medical tape

### **Be Prepared For The Weather**

The weather in mountains can change very quickly. the weather forecast is quite accurate for the next 3 upcoming days, but not that much further. Thunderstorms are common in the afternoon when the weather is hot, they are very located and show up very quickly. If thunderstorms are forecasted, consider getting an earlier start in the morning and cross the high passes before the thunderstorms start. Passes and ridge are not safe in the case of thunder. Take advice from your host the day before.

## **Consider The Environment**

While trekking you must be careful not to destroy the environment you are enjoying so much. It is not only for your enjoyment, but people and wildlife also rely on this environment.

**Here are some simple tips:**

- Pick up any litter along the trail.
- Burn all your toilet paper and bury your feces, make sure you go at least 50m away from any water source.
- Drink still water instead of mineral water as plastic bottles are an unnecessary waste.
- Stick to the trails to prevent erosion and damage to fragile alpine flora.
- Ensure all rubbish is packed and bring them back down to the villages.

## **Final Tips**

- To ensure that you have the best time possible, please respect local traditions, customs, values and the environment.
- Respect privacy when taking photographs.
- Your attempts at speaking some French or Italian will open hearts and break the ice.
- Protect the natural environment, see above.