



RECOMMENDED BASIC EQUIPMENT

1 DAY TREKKING

- Trekking backpack of about 30 liters (better if equipped with a ventilated structure with anti-sweat net and rain cover)
- Trekking boots with Vibram sole type
- Telescopic trekking poles
- Water bottles or thermos (at least 1.5 l)
- 2x breathable T-shirts (one on and one spare in the backpack)
- 2x Breathable anti-perspiration trekking socks (one on and one spare in the backpack)
- 1x Lightweight fleece
- 1x Medium or heavy pile
- Waterproof windbreaker or K-way or poncho
- Long trekking pants or convertible to short pants
- Sunglasses
- Hat (better with visor) or bandana / cap
- Sun cream (and lip stick) with a minimum protection of 20 for sensitive skin
- Front torch with spare batteries
- Mobile phone, wallet and personal effects

FOR REAL EXPLORERS:

Add to your equipment:

- Camera
- Binoculars
- Whistle
- Multipurpose knife

...WHAT IF I GO IN WINTER?

Add to your equipment:

- Thermos (whit hot drink)
- Duvet
- Cap or headband / cap (wool or fleece)
- Gloves
- Gaiters
- Snowshoes and artva/shovel/probe (on snowy ground)

... AND IF IT IS A MULTI-DAY TREKKING?

- In general it increases the capacity of the backpack, but do not overdo it, 50 l can be the right size and once prepared check that the weight is between 8 and 12 kg
- If luggage transport is provided, divide the luggage into a backpack (excursion) and bag (all the rest)
- If there is no luggage transport, do not load too many clothes, remember that we can always find a way to wash them
- Find out how the overnight stay is planned. Usually a sleeping liner or sleeping bag but the tent may be needed!
- Remember a personal hygiene kit: towel, soap, deodorant, toothpaste, toothbrush
- Something to make you comfortable: suit, light shoes and slippers
- One last tip: bring a powerbank to recharge your camera or mobile phone (to take photos!)