

# Packing list for Hiking

## **Recommendation:**

Take only as much as necessary, but as little as possible!

The heavier your backpack, the more energy you will have to expend.

It is also important that you pack your backpack evenly and distribute the weight well.

Always start well prepared and rested. Don't forget to take breaks.

Good planning adapted to the conditions is a must.

## **The following equipment is part of every hike:**

- Sturdy hiking shoes with a good, non-slip tread  
In the mountains, the height of the shoes should exceed the ankle.
- Comfortable backpack suitable for hiking, ideally with a hip belt.
- Enough warm clothing: jumper and windbreaker (striking colours are an advantage)
- Rain protection
- Sun cream with high protection factor, sunscreen, sun hat, sunglasses
- Enough to drink (min. 1 litre!), snacks and refreshments
- Personal medication
- Spare clothes and walking sticks at personal discretion
- Mobile phone (charged) and possibly camera
- Emergency sheet with important telephone numbers
- First-aid kit with emergency blanket\*
- Hiking map\*, orientation aids\*
- Good spirits

In winter additionally:

- Clothing suitable for the season
- Gloves and hat
- Warm, waterproof shoes
- Snow shoes depending on the hike

For sunrises / sunsets / night hikes additionally:

- Headlamp

For overnight stays in huts additionally:

- Silk sleeping bag
- Toothbrush, toothpaste, small flannel
- Headlamp

## **Note:**

In the mountains, the weather can change very quickly and surprisingly.

Even in summer it can be very cold in the mountains. From 3,000 metres upwards, remember to bring gloves and a hat.

Inform those close to you about your plans. It is better to turn back once too often than too little!

\* with hiking guide not mandatory