

Cabane Overnight Hike Gear List



- Comfortable walking shoes with ankle support & good soles (Vibram)
- Comfortable backpack (min. 30l)
- Personal snacks & lunch pic-nic (if not going to a hut or restaurant)
- Minimum 1^{1/2} litre water bottle

- Waterproof and windproof / gore-tex jacket
- Warm layer - little puff jacket or a fleece
- Thin insulating hat & gloves (synthetic/wool)
- One extra pair of sox (synthetic/wool)
- Thermal long underwear bottom & top (no cotton!)
- Sunhat, bandana, buff, scarf...

- Sun glasses / seeing glasses / contact lenses
- Sunscreen (30+)
- Toiletries
- Personal Medication / Vitamins
- Head lamp
- Silk sleeping bag liner

OBLIGATORY

- **You must have accident insurance**

OPTIONAL ITEMS

- Telescopic walking poles (highly recommended, I may have some to lend you)
- Camera
- Binoculars
- Ear plugs



PS - Don't forget to check that all your toys have properly functioning batteries!