

Gear list for a whole-day hike



- Comfortable walking shoes with ankle support & good soles (Vibram)
- Comfortable back-pack (max 30l)

- Personal snacks
- Lunch pic-nic (if not going to a hut or restaurant)
- Minimum 1 litre water bottle

- Waterproof and windproof / gore-tex jacket
- Warm layer - little puff jacket or a fleece
- An extra T-shirt or long sleeve shirt (synthetic/wool)
- Sunhat / Bandana / Buff
- Sun glasses / seeing glasses / contact lenses
- Sunscreen (30+)
- Personal Medication if needed during the day

- Telescopic poles (optional, but highly recommended, I may be able to lend)
- Camera (optional)
- Binoculars (optional)

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

