

Trekking in the Alps

Equipment list

quantity	description
* 1	snow shovel
* 1	A.R.T.V.A. (avalanche transceiver)
* 1	Sonda - Probe
* only if requested by the guide in winter	
1 pair	telescopic trekking poles
1 pair	waterproof trekking boots
1 pair	gaiters

1 pair	light trainers shoes
1 pair	gloves
1 pair	lite gloves
1	sleeping bag liner
1	head torch
1 or 2	sun glasses
1	back pack, good condition 30-40L
2 pairs	wool trekking socks
1 pair	cotton socks
1	Base layers set
1	Mid layer
1	Soft Shell
1	Gore-Tex jacket
1	trekking pants

quantity	description
As needed	underwear
1	wool hat
1	sun hat
1	small towel
1	toiletries
1	personal first aid kit
1	sun cream high protection
1 pair	Ear-plugs

1	multi-purpose knife (SwissArmy)
1	thermos
1	(sewing kit)
	travel documents + flight tickets
	passport + copy
Alpine Club Card (CAI, CAF, BMC, DAV) WITH PERSONAL RESCUE INSURANCE	
COVID FREE CERTIFICATION	
1	face Covid mask
	schnaps flask
1	jeans + T-shirt for travel
	emergency food and drinks
1	camera

THE LIST IS FOR INFORMATION ONLY BUT WE SUGGEST YOU FOLLOW IT