

HIKING PACKING LIST

1. Mandatory Items

- ID / Passport
- Mountain shoes (above the ankle – categories A/B, B, or B/C)
- Lightweight backpack (30–35 liters, with adjustable straps)
- Hiking socks
- Hiking clothes (quick-drying, preferably merino wool)
- Rain clothes (check the latest weather forecast)
- Sun protection:
 - Sun hat
 - Sunscreen
 - Sunglasses
- Snacks:
 - Non-perishable
 - Energy-dense (e.g., dehydrated food, cereal bars)
- Water: Bottles or hydration system (approx. 1.5–2 liters)
- Cash and credit card

2. Optional Items (Based on Preferences & Conditions)

- Hiking poles
- Insect repellent (cream/spray)
- Power bank / spare batteries
- Charged mobile phone (with emergency numbers saved)
- Thin gloves (for unpredictable mountain weather)
- Camera and/or binoculars
- Blister plasters
- First aid kit
- Toilet paper / tissues
- Personal medication
- Small rubbish bag (for waste and used wet wipes)

If you're unsure about what to bring, need help adjusting your equipment, or simply want to double-check a few things — I'm happy to help.

You can contact me by message, email, or give me a call directly.

Don't hesitate — it's always better to ask than to head into the mountains unprepared. I'm here to support you so that you feel confident and ready for your adventure!

See you soon!