

Equipment list for guided hikes with baggage transport

Items you will need during the day, when we hike

- 35 - 40L day pack
- Hiking boots
- Gaitors (free loan upon demand)
- Hiking sticks (free loan upon demand)
- Total of 2L in water bottles or bags
- Thin polypropylene socks
- Outer socks
- Polar fleece sweater, rainjacket
- Hat and gloves in cool temperatures
- I.D. card and medical insurance card
- Sunscreen / Insect repellent / Sunglasses and cap / pocket knife / headlamp / camera and field glasses (optional, light) / YOUR MEDICATION and contact lens kit (if applicable)

Items you will need at the cabins

These items will be transported from one cabin to the next every day and they must be help in one sole bag (except for the sleeping bag)

- Carrying bag
- Sleeping bag and pillow
- Swimsuit
- Light shoes or sandals
- A warm change of clothes for each day
- Pyjamas
- Personal hygiene kit, including soap, a toothbrush, a thin, quick-drying towel
- 4 quarters for the shower fees