

## **Packlist Summer**

If you're going to walk in the mountains with your backpack, you don't want it to be too heavy. Make sure your backpack is not heavier than 8-9 kg. Lighter is of course nicer! Basically, in addition to your hiking clothes, you need one set of clothes for the hut and something to sleep in. It is certainly not customary to put on clean hiking clothes every day, because then the backpack would be much too heavy. For example, for 6-7 days of walking, I only take one clean shirt with me.

### **For hiking:**

- Backpack (30-35 ltr)
- Rain cover for the backpack\*
- Hiking boots, B or B-C
- Canes\*
- Raincoat of hardshell
- Rainpants\*
- 1-2 quick-drying shirts
- 2 pairs of socks
- Hiking pants (zip-off pants or other quick-drying pants)
- Shorts (if you don't have zip-off pants)
- Fleecevest of softshell
- Cap
- Sunglasses

### **For in the hut:**

- Shirt and pants (possibly thermal clothing)
- Sleepwear
- Comfortable pants (can also be your hiking pants)
- Sheetbag\* (possibly a pillowcase)
- Headlamp\*
- Hut slippers (sometimes these are available in the cabin)/flip-flops
- Earplugs
- Small (quick-drying) towel\*
- Toothbrush + toothpaste (mini)

### **Other must haves:**

- Cash (in many huts you can't pay by card)
- Passport or ID card
- Health insurance card
- Debit- or creditcard
- Travel insurance with coverage for mountain hiking
- Emergency numbers stored in your phone
- Card (digital on your phone or a physical card)\*
- Mobile phone
- Powerbank
- Compass (can also be used on your phone)
- Whistle and rescue blanket\*
- Sunburn (the thinner air makes you burn faster)
- Lip balm (preferably with UV protection)
- Energy Bars

- Nuts, dried fruit or sweets
- Enough water !! (minimum 2 litres)
- Blister plasters
- Basic first aid kit with plasters, etc.\*
- Aspirine

**Possibly also included:**

- Downjacket (for when it's really cold)
- Thin gloves
- Scarf or Buff
- Pocket knife (for cutting and spreading sandwiches)
- Small vial of syrup
- Shower gel (mini), shampoo (mini)
- Lenses + contact lens solution
- Garbage bag (you can't leave your garbage in all cabins, so take it with you)

The items marked with \* can be borrowed from bergXperience.