

## ESSENTIAL EQUIPMENT

The weather can change quickly in the Julian Alps and even in summer it is possible to get snow and therefore the following equipment is required on all of our trekking activities:

### **Head:**

- Warm hat
- Protection against sun
- Eyewear - Sunglasses

### **Torso:**

- Thermal baselayer shirts (2 short-sleeve, 1 long-sleeve)
- T-Shirts and/or casual shirts
- Fleece jacket or jumper
- Lightweight waterproof clothing – jacket and over trousers (GoreTex – expect temperatures between –5C and +30C)

### **Hands:**

- Lightweight thermal gloves
- Warmer over gloves or mittens

### **Legs:**

- Trekking trousers
- Lightweight waterproof over trousers
- Underwear
- *Shorts*

### **Feet:**

Walking boots suitable for mountaineering/trekking – Vibram soles or similar

- *Training shoes for travelling*
- Socks
- *Technical Walking Socks (2 or 3 pairs)*
- *Spare laces*

### **Trek Bag Contents:**

- Travel clothes
- *Small padlock (for trek bag)*
  
- Rucksack 35 to 50 litres
- Torch & Batteries
- Basic First Aid Kit: Compeed, plasters, Ibuprofen, Paracetamol
- Sun protection (including total bloc for lips, nose)
- Water bottles (1-1,5 litre)
- Wash bag and toiletries
- *Antibacterial hand wash*
- *cotton towel*
- *Trekking poles*
- *Insect Repellent (75-100% Deet)*
- *Camera & batteries*
- *Swiss army knife*

## Additional equipment

The following equipment is also necessary dependent on the walking terrain and weather conditions and can be supplied by us or by the client:

- Helmet
- Harness
- Ice axe
- Crampons
- Trekking poles