



How to pack your backpack properly

We know from experience that packing your backpack can be a challenge. That's why we want to help. Packing your backpack properly is a science in itself. But this becomes easier with every hike. The motto is: as heavy as necessary, as light as possible, but don't forget anything.

Fully packed, the backpack should not weigh more than 8 kg.

We have put together a list of the most important pieces of equipment that should not be missing on any tour. The list also includes the clothing that is worn at the beginning of the tour.

Equipment:

- Backpack + rain cover (should hold 35 l, fit well against the back and have padded hip straps)
- Telescopic poles (especially recommended for knee problems)
- Mountain boots (category BC, ankle-high, good treaded sole. They should protect the foot, stabilize it and fit well. Due to the increased risk of unsuitable footwear, we are entitled to exclude the participant from the tour.)

Mandatory equipment!

- **Rain jacket and rain pants!** The rain pants are essential! No poncho because of higher risk of injury!
- **Hat or headband + gloves** Gloves possibly with wind stopper, no ski gloves
- **Mouth and nose mask + hand disinfection** For use of public transport and accommodation. The mouth and nose mask does not have to be worn outdoors or during activity.

without this equipment we can exclude you from the tour

Clothing (including clothing that is worn at the beginning)

- **Functional underwear**, quick-drying, merino wool
- **Functional socks**, padded foot section, merino wool
- **2x T-shirt**, merino wool; one to change
- **Longsleeve / thin pullover** merino wool or fleece
- **thermal jacket** z. B. with Primaloft or wool filling
- **Quick-drying hiking pants**, robust, should guarantee freedom of movement
- **Sunglasses** suitable from category 3
- **Sun protection** cap or cloth for the head
- **Buff tube-like** scarf that can also be worn as a headband or hat

Useful:

- **Sun cream** at least SPF 30
- **Lip protection**

Meals:

- **Drinking bottle** light bottle e.g. Made of stainless steel or hydration bladder, at least 1 liter capacity
- **Energy bars**, dried fruit, chocolate max. 200 g total
- **Small snack** for the break

Personal:

- Important personal medication, blister plasters, possibly pain relievers
- Identity card
- AV card if available
- Cash
- Cell phone with emergency numbers or important phone numbers noted on pieces of paper
- Camera

Special equipment:

If necessary, we will let you know.

We hope you enjoy preparing your tour.