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**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.) **• Light mountain umbrella** (very comfortable in prolonged rain)

**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 3x**, quick-drying, merino wool

• **Functional socks 2x,** 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

• **Long quick-drying hiking pants,** robust, should guarantee freedom of movement **• Short functional pants,** small pack size, quick-drying material **• Light trousers** for the hut, small pack size

**• 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
• **Light slippers,** flip-flops, crocs, trekking sandals

**Useful:**

• **Warming sleeping bag** (comfort zone 10 - 15 degrees) for overnight stays in a hut. For reasons of hygiene, no blankets and covers are available.

 **If necessary, separate the bed sheet** / hut sleeping bag from the side and use it as a sheet

• **Headlamp,** small flashlight for the hut, flashlight app in the mobile phone is also sufficient.

• **Microfiber towel light**, quick-drying, small, stowable towel

• **Wash bags as little as possible**, as much as necessary, use small samples, possibly washcloths for quick cat washing

• **Sun cream** at least SPF 30

• **Lip protection**

• **Packsack two pieces,** very light and waterproof, for dirty laundry, for waterproof packing.

• **Possibly swimwear** for the mountain lake or swimming pool if available

**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

• International insurance

• AV card if available

**Special equipment:**

If necessary, we will let you know.

**We hope you enjoy preparing your tour.**