



Trekking shoes



Sport underwear
(+ spare)



Backpack 30/40 l



Trekking pants



Waterproof
coverpants



Gore-Tex jacket



Thermic layer



Light down jacket



Gloves



Warm beanie



Sun cap



Backpack raincover



Sun cream



Sunglasses



Trekking socks
(+ spare)



Trekking poles



Snack
(dry fruit, chocolate bars)



Headlamp

IF PLANNED AN HUT OVERNIGHT



Toothbrush and paste



Hut lining