



HIKING CHECKLIST

- ★ hiking- or trekking boots with a good grip
- ★ functional hiking wear, according to the season
- ★ water 1,5 - 2 litres (depending on season & temperatures)
- ★ snacks for a day
- ★ personal medication
- ★ sunscreen
- ★ lip protection, cream for fever blisters
- ★ headgear (bandana, cap, hat)
- ★ rain protection (also for backpack)
- ★ glasses, sunglasses
- ★ small first aid kit
- ★ backpack
- ★ money in cash for lunch break (mountain hut or inn)

PLEASE NOTE: hiking boots/hiking equipment are mandatory for participation! In some cases, sneakers will be sufficient. Please refer to the detailed tour description or contact us.