



PACKING CHECKLIST

PERSONAL

- ID or Passport
- Credit/Debit card
- Cash
- Alpine Club Membership

TOILETRIES

- Toiletry Bag
- Sunscreen (100ml)
- Face Cream (20ml)
- 2 in 1 Shampoo & Body Gel (50ml)
- Fabric Wash (100 ml)
- Deodorant (50 ml)
- Toothbrush
- Toothpaste (10ml)
- Hairbrush (optional)
- Hair bobbles
- Shaver (optional)
- Cream for cuts and blisters
- First Aid Kit
- Painkillers
- Immodium
- Prescription medicine
- Paper Tissues and/or wet wipes

SNACKS

- Rehydration Tablets
- Nuts
- Natural Snack Bars
- Protein Powder

ELECTRONICS

- Camera, lenses, SD cards
- Spare camera batteries
- Peak Design camera clip
- Phone
- Small Tripod (Optional)
- In Reach Mini GPS (Optional)
- Chargers + Adapter

CLOTHING

- Down jacket or vest
- Windproof/Waterproof jacket
- 2 x T-shirt
- 3 x Underwear
- 2 x Sports Bra
- 3 x Merino wool socks
- Hiking trousers with zip off legs
- Leggings
- Long sleeve
- Sun hat
- Sunglasses
- Buff
- Windproof gloves
- Hiking boots
- Flip flops
- Compression sack

HIKING GEAR

- Silk sleeping bag liner
- Microfiber trekking towel
- Hydration Bladder
- Trekking Poles
- Maps
- Head torch

MISCELLANEOUS

- Ear plugs
- Play cards (optional)
- E-book reader (optional)

VIA FERRATA GEAR (OPTIONAL)

- Helmet
- Harness
- Gloves
- Lanyard

BACKPACK

- Maximum 38 litres

For the complete list of the kind of gear I use personally visit: <https://www.inafarawayland.com/packing-list-hut-to-hut-treks-dolomites/>

