

Packing list for hiking tours

In the following I give suggestions for equipment and clothing for an one week hiking trip in high-altitude mountain areas with moderate to tough terrain (without *via ferratas*).

Disclaimer: I am not a trained mountain guide. I give only suggestions based on experience obtained on different hiking tours in France (GR20, Pyrenees), UK (Snowdonia) and Slovakia (Low Tatras).

When you plan to go on a hiking trail, you have to be in good physical condition. I would also highly recommend hiking with other experienced people.

The suggested equipment and clothing weights in sum around 10 kg. With the rucksack you have a total weight of about 13 kg (depends on water and food). This weight is proper for me (but maybe not for you), because it does not exceed the recommended 20% of my body weight.

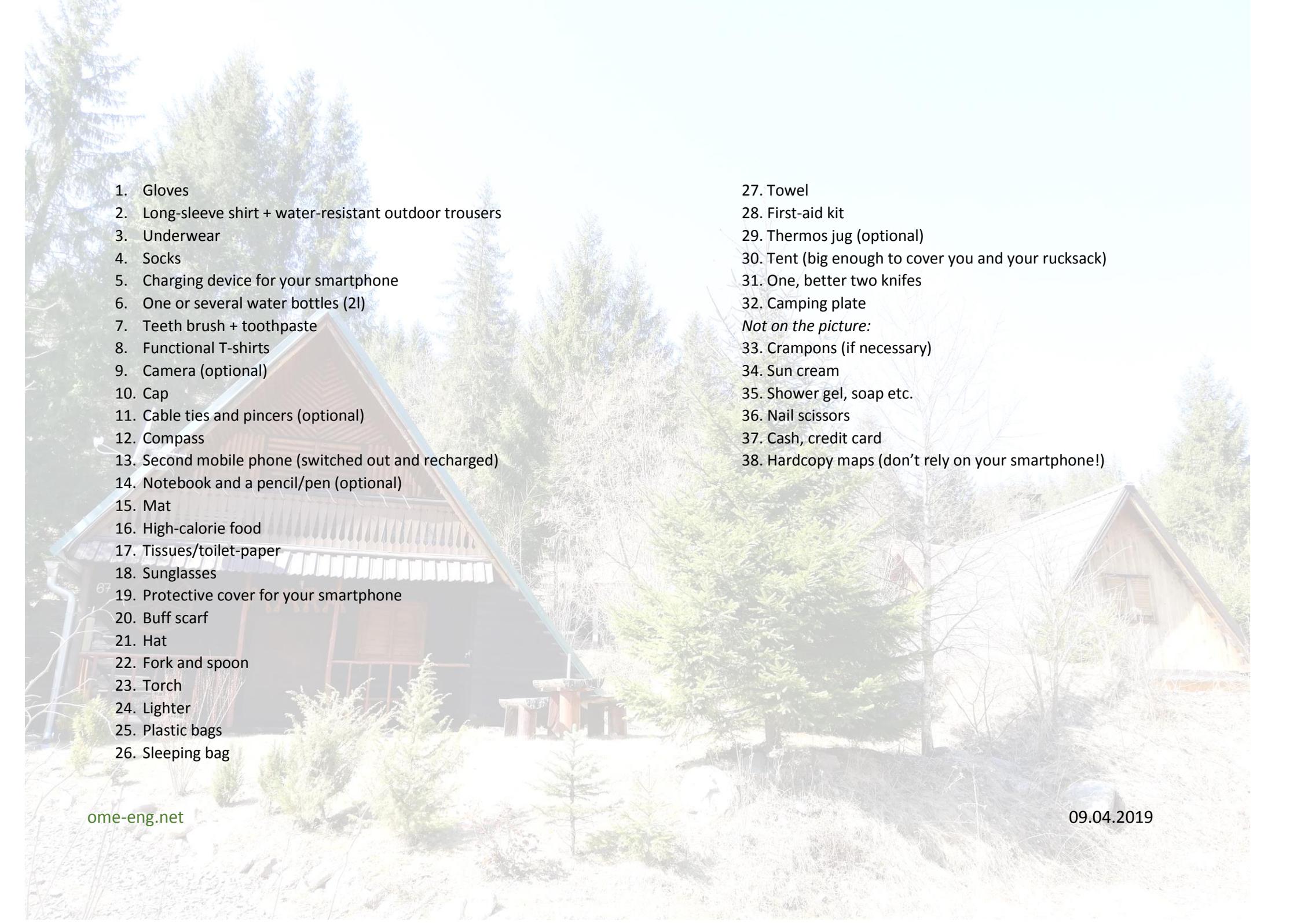
Of course necessary to wear are:

- 67 • Durable and comfortable hiking boots (I have good experience with *Meindl 5239-10 Guffert GTX*)
- Outdoor jacket (+optional a light rain jacket), suitable for the season
- Outdoor trousers
- Underwear which doesn't rub your skin

I wish you fun and pleasure with your hiking trip!

Equipment + Clothing (suggestions)



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1. Gloves
 2. Long-sleeve shirt + water-resistant outdoor trousers
 3. Underwear
 4. Socks
 5. Charging device for your smartphone
 6. One or several water bottles (2l)
 7. Teeth brush + toothpaste
 8. Functional T-shirts
 9. Camera (optional)
 10. Cap
 11. Cable ties and pincers (optional)
 12. Compass
 13. Second mobile phone (switched out and recharged)
 14. Notebook and a pencil/pen (optional)
 15. Mat
 16. High-calorie food
 17. Tissues/toilet-paper
 18. Sunglasses
 19. Protective cover for your smartphone
 20. Buff scarf
 21. Hat
 22. Fork and spoon
 23. Torch
 24. Lighter
 25. Plastic bags
 26. Sleeping bag

27. Towel
 28. First-aid kit
 29. Thermos jug (optional)
 30. Tent (big enough to cover you and your rucksack)
 31. One, better two knives
 32. Camping plate
- Not on the picture:*
33. Crampons (if necessary)
 34. Sun cream
 35. Shower gel, soap etc.
 36. Nail scissors
 37. Cash, credit card
 38. Hardcopy maps (don't rely on your smartphone!)