



Equipment list mountain hikes

Clothes:

light cap

light gloves

various layers:

- (functional)-shirt
- long sleeve
- fleece or down jacket

hardshell jacket (Goretex etc.)

hiking pants

(possibly shorts)

hardshell jacket (Goretex etc.)

hiking socks

hiking or trekking shoes (ankle high, water resistant)

backpack (25-30 L)

possibly telescope poles

Food & Others:

drinking bottle

food (bread, fruit, cereal bar)

cap

sun glasses

suncream

lip protection

cash and bank card (for possible cable-car, hut or shelter)

health insurance card

cell phone