



Equipment list city hikes

Clothes:

light cap

light gloves

various layers:

(functional)-shirt

longsleeve

fleece or down jacket

hardshell jacket (Goretex etc.)

hiking pants

(possibly shorts)

hardshell jacket (Goretex etc.)

hiking socks

hiking or trekking shoes (non-slip sole, water resistant)

small backpack

telescope poles (optional)

Food & Others:

drinking bottle

cap

sun glasses

suncream

lip protection

cash and bank card (for hut or shelter)

health insurance card

cell phone