



# Kit List

## Basic list

- ☐ Small rucksack (25-30 litres is plenty), best with lots of pockets and waterproof (this is small enough for hand-luggage with most airlines)
- ☐ Insurance documents and passport, credit card, cash in euros, emergency contact details
- ☐ Boots (see above) and waterproof jacket (breathable materials are best) and waterproof trousers
- ☐ Trekking shorts, lightweight trousers, a couple of wicking t-shirts (cotton not good), underwear and comfortable socks, spare trainers or sandals for evenings
- ☐ Plasters for blisters and any personal hygiene and medication, including pain-killers etc.
- ☐ High-factor sun-cream, sun-block for lips, sunglasses and sun-hat
- ☐ 1 litre water bottle, packed lunch and spare energy food / treats
- ☐ \*Trekking poles highly recommended for trips with a lot of height gain
- ☐ Warm layer, gloves for warmth

- ☐ Penknife for cutting cheese etc and making packed-lunches (do not take in hand-luggage on flights!)
- ☐ \*Camera, binoculars, phone, novel, pocket dictionary, small notebook, waterproof bags or rucksack liners
- ☐ Headtorch and spare batteries (not essential in mid-summer)
- ☐ \*Extra sack for leaving spare items and clothes in hotel or minibus

## Additional items for hut-to-hut treks

- ☐ Larger rucksack (45 litres is usually fine) in order to fit in extra food and clothes items
- ☐ Extra cash to pay for huts and BMC reciprocal rights card if you have one
- ☐ Lightweight sleeping-bag liner (silk is best but more expensive) or sewn-together sheets (the huts provide blankets)
- ☐ \*Lightweight travel towel
- ☐ \*Extra warm layer because the higher huts can get cold at night even in summer

## Additional items for winter trips

- ☐ Spare warm gloves (mitts are great in case you get very cold hands), warm hat, gaiters
- ☐ Spare extra warm outer layer or fleece and a couple of thermal base-layers
- ☐ Make sure your rucksack has side straps as we may need to carry snowshoes on the sacks
- ☐ Please still bring high-factor sun-cream, sunglasses, sunhat and sun-block for lips as the sun is even more dangerous when reflected by the snow!!
- ☐ \*Head-scarf which can also be used as a neck-warmer
- ☐ \*Thermos to keep morning tea warm throughout the day
- ☐ \*You might consider more sturdy, warmer boots with a tough outer-edge. You do not, however, need anything technical for snowshoeing