

## EQUIPMENT LIST FOR ALPINE ACTIVITIES

### Clothing

- Walking boots in good condition are **essential**. Shoes are not acceptable
- Waterproof jacket and waterproof trousers
- Comfortable socks – wool is best
- Clothing suitable for the weather conditions:
  - T shirt & shorts if hot or
  - Trousers - **jeans must not be worn**
  - Jumper/fleece if cold
- Spare clothing - don't forget that the weather can change very quickly in the mountains. Even if the weather is good, you should have some warm clothes
- A pair of gloves or mittens
- Neckerchief and hat - for protection against the elements.

### Rucksack

- Lightweight and water-resistant. Always wrap things inside the rucksack in plastic bags.

### Other Personal Items

- Sunglasses, sun cream (protection factor of 15+) and lip salve. These are **very** important if you are hiking on snow
- Food for the hike and extra food for emergencies (chocolate, dried fruit etc.)
- Full water bottle
- First aid kit, with any special medications

### Useful extras

- Whistle
- Penknife
- Pen and paper
- Sheet sleeping bag, if staying in a hut
- Torch
- Camera
- Identification card

### Group Items

- Money for transport, huts and emergencies
- Maps and compasses
- Complete first aid kit

