



PACKING LIST FOR THE FAMILY LONG-DISTANCE HIKE

BASIC EQUIPMENT

- Good hiking boots (should protect the ankle, non-slip); robust and well worn-in
- Hiking socks (for changing)
- Hiking poles if required
- Windbreaker or rain jacket
- Fleece sweater or light down jacket
- Functional shirt or T-shirt
- Outdoor pants
- Tubular scarf (Buff scarf)
- Hat, baseball cap (with neck protection)
- Light gloves
- Sun cream
- Sunglasses
- First aid kit
- Cell phone
- Cash
- Food as preferred
- Drinking bottle
- Optional: magnifying glass / compass / knife / binoculars

FOR THE OVERNIGHT STAY IN THE HUT (NO LUGGAGE TRANSPORT)

- Flannel
- Hut slippers
- Lightweight down sleeping bag and pillowcase
- Change of clothes and toilet articles as needed
- Flashlight (at night in the hut)

OTHER

- Change of clothing for evening in accommodation
- Hygiene articles
- Personal medication as required
- Passport/ID
- Phone charger
- Penknife

FIRST AID KIT

- Rapid wound dressing
- Pavement
- Blister pavement
- 2 elastic bandages
- 2 sterile gauze compresses (10 x 10 cm)
- 1 tape (2,5 cm wide)
- 2 triangular scarves
- 2 rescue blankets
- Disposable gloves
- Small scissors

Important: Pack as light as possible.