

Hiking packing list

During the corona pandemic

- Face mask (FFP2 masks or surgical masks)
- Disinfectant
- Negative Corona confirmation

Hiking equipment

- Backpack 20 to 40 liters (incl. rain cover)
- Mountain shoes: B, BC, C depending on the severity of the trip and your preference
- Spare laces
- Telescopic / walking sticks
- Sunglasses (category 3 or 4)

Clothing

- Raincoat/Hardshell
- Rainproof trousers
- Possibly Gaiter (crossing at glacier)
- Quick drying T-shirt
- Long sleeve shirt or blouse, quick drying
- Softshell/Fleece
- Hiking pants
- Hat/cap
- Gloves
- Buff or scarf

Orientation

- Topographic map 1 at 25:000
- Compass
- Watch with altimeter
- If necessary, GPS (not instead of map and compass)

Food and drinks

- Water (minimum 2 litres)
- Drinking / thermos bottle
- Optional: hydration bag
- Isotonic thirst quencher
- Energy bars
- Dried fruit and nuts
- Lunch
- Chocolate
- Durable lunch bag / lunchbox

In case of emergency: safety

- Mobile phone
- First aid kit
- Emergency Whistle
- Rescue blanket
- Blister patches
- Tick remover tool
- Medicines
- Deet
- Sports tape
- Mobile phone charger
- Tie-wraps (Emergency repairs)
- Piece of Duct tape
- List of telephone numbers of family and rescue services (ICE numbers) in your phone
- Emergency numbers in your wallet

Not to forget: ID and proof

- Valid passport or ID
- Driving licence
- Copy of passport/ID and driving licence
- Medicine passport
- Cash
- Debit card
- Credit card
- Proof of health insurance
- Vaccination card
- Medical passport
- Travel insurance (whith cover for extreme mountain sports)

If you have space left

- Power bank
- Camera
- Memory card
- Charger
- Matches or lighter
- Spare buckles for backpack
- Water filter
- Binoculars
- Pocket knife
- Sit pad