

# Gear

## TIPS FOR CHOOSING YOUR EQUIPMENT

### Upper body :

Wherever you are or whatever the season, the principle of three breathable layers (T-shirts - sweater or warm jacket - over vest waterproof / windproof) can deal with most situations.

Opt for clothes that dry quickly. Avoid cotton because it is very slow drying. Wool is a natural fibre that has excellent qualities and who, thanks to new manufacturing processes, has made a comeback in the manufacture of outdoor clothing.

Remember to cover up before you get cold, but above all to take a layer off before you get too hot: sweat is the enemy of hiker- especially in winter- because it moistens clothes that become frozen quickly. Avoid heavy insulated anoraks, that can turn a pleasant hike a hassle!

### Lower body :

Shorts and trousers in a synthetic or solid canvas material are best. Try to go for quick drying which will provide more comfort. Take special care in the selection of socks: hiking socks, with flat seams (to prevent blisters) are best. In winter, choose warm socks. Again try to avoid cotton.

	Gear	Weight (Aprox)	Check
<b>Wearing</b>	Hiking boots with good grip	1500	<input type="checkbox"/>
	Functional hiking trousers	220	<input type="checkbox"/>
	Functional top	60	<input type="checkbox"/>
	Gloves (on snowshoe trips)	130	<input type="checkbox"/>
<b>Small pack</b>	Backpack	1200	<input type="checkbox"/>
	Pack liner	30	<input type="checkbox"/>
	Extra top	150	<input type="checkbox"/>
	Water/windproof jacket	800	<input type="checkbox"/>
	Water/windproof pants	300	<input type="checkbox"/>
	Pullover / fleece	500	<input type="checkbox"/>
	Hat or cap	60	<input type="checkbox"/>
	Headband or buff	30	<input type="checkbox"/>
	Wooly hat	60	<input type="checkbox"/>
	Light gloves	60	<input type="checkbox"/>
	Sunscreen, lip balm (UPF 30)	30	<input type="checkbox"/>
	Sunglasses	30	<input type="checkbox"/>
	Drinking bottle or bladder with at least 1l capacity (depending on tour)	1190	<input type="checkbox"/>
	Electrolyte and magnesium tabs (capsules)	100	<input type="checkbox"/>
	First Aid Kit S or M (incl. blister pads and personal medication)	200	<input type="checkbox"/>
	ID, cash, credit card, plastic bag	40	<input type="checkbox"/>
	Mobile phone with emergency numbers	130	<input type="checkbox"/>
	Trekking poles	400	<input type="checkbox"/>
	Swiss army knife	60	<input type="checkbox"/>
	Gaiters (on snowshoe trips)	100	<input type="checkbox"/>
Goggles (on snowshoe trips)	60	<input type="checkbox"/>	
Approximate weight "Essential" (incl. backpack)	5530		
<b>Medium pack</b>	Backpack	1200	<input type="checkbox"/>
	Pack liner	30	<input type="checkbox"/>
	Extra top	150	<input type="checkbox"/>
	Water/windproof jacket	800	<input type="checkbox"/>
	Water/windproof pants	300	<input type="checkbox"/>
	Pullover / fleece	500	<input type="checkbox"/>
	Functional shorts	200	<input type="checkbox"/>

	Hat or cap	60	<input type="checkbox"/>
	Headband or buff	30	<input type="checkbox"/>
	Wooly hat	60	<input type="checkbox"/>
	Light gloves	60	<input type="checkbox"/>
	Sunscreen, lip balm (UPF 30)	30	<input type="checkbox"/>
	Sunglasses	30	<input type="checkbox"/>
	Drinking bottle or bladder with at least 1l capacity (depending on tour)	1190	<input type="checkbox"/>
	Electrolyte and magnesium tabs (capsules)	100	<input type="checkbox"/>
	First Aid Kit S or M (incl. blister pads and personal medication)	200	<input type="checkbox"/>
	ID, cash, credit card, plastic bag	40	<input type="checkbox"/>
	Small torch or headlamp	80	<input type="checkbox"/>
	Mobile phone with emergency numbers	130	<input type="checkbox"/>
	Trekking poles	400	<input type="checkbox"/>
	Swiss army knife	60	<input type="checkbox"/>
	Gaiters (on snowshoe trips)	100	<input type="checkbox"/>
	Goggles (on snowshoe trips)	60	<input type="checkbox"/>
	Snacks	500	<input type="checkbox"/>
	Extra top for hut	100	<input type="checkbox"/>
	Extra trousers for hut	150	<input type="checkbox"/>
	Underpants	50	<input type="checkbox"/>
	Socks	100	<input type="checkbox"/>
	Sleeping bag liner	100	<input type="checkbox"/>
	Washing bag (travel shower gel, tooth brush / paste, small functional towel, tissues, ear plugs)	280	<input type="checkbox"/>
	Approximate weight "Essential" (incl. backpack)	7090	
<b>Large pack</b>	Backpack	1200	<input type="checkbox"/>
	Pack liner	30	<input type="checkbox"/>
	Extra top	150	<input type="checkbox"/>
	Water/windproof jacket	800	<input type="checkbox"/>
	Water/windproof pants	300	<input type="checkbox"/>
	Pullover / fleece	500	<input type="checkbox"/>
	Functional shorts	200	<input type="checkbox"/>
	Hat or cap	60	<input type="checkbox"/>
	Headband or buff	30	<input type="checkbox"/>
	Wooly hat	60	<input type="checkbox"/>
	Light gloves	60	<input type="checkbox"/>
	Sunscreen, lip balm (UPF 30)	30	<input type="checkbox"/>
	Sunglasses	30	<input type="checkbox"/>
	Drinking bottle or bladder with at least 1l capacity (depending on tour)	1190	<input type="checkbox"/>
	Electrolyte and magnesium tabs (capsules)	100	<input type="checkbox"/>
	First Aid Kit S or M (incl. blister pads and personal medication)	200	<input type="checkbox"/>
	ID, cash, credit card, plastic bag	40	<input type="checkbox"/>
	Small torch or headlamp	80	<input type="checkbox"/>
	Mobile phone with emergency numbers	130	<input type="checkbox"/>
	Trekking poles	400	<input type="checkbox"/>
	Swiss army knife	60	<input type="checkbox"/>
	Gaiters (on snowshoe trips)	100	<input type="checkbox"/>
	Goggles (on snowshoe trips)	60	<input type="checkbox"/>
	Snacks	500	<input type="checkbox"/>
	Extra top for hut	100	<input type="checkbox"/>

	Extra trousers for hut	150	<input type="checkbox"/>
	Underpants	50	<input type="checkbox"/>
	Socks	100	<input type="checkbox"/>
	Sleeping bag	1500	<input type="checkbox"/>
	Roll mat	500	<input type="checkbox"/>
	Washing bag (travel shower gel, tooth brush / paste, small functional towel, tissues, ear plugs)	280	<input type="checkbox"/>
	Approximate weight "Essential" (incl. backpack)	8990	
<b>Compleat</b>	Backpack	1200	<input type="checkbox"/>
	Pack liner	30	<input type="checkbox"/>
	Extra top	150	<input type="checkbox"/>
	Water/windproof jacket	800	<input type="checkbox"/>
	Water/windproof pants	300	<input type="checkbox"/>
	Pullover / fleece	500	<input type="checkbox"/>
	Functional shorts	200	<input type="checkbox"/>
	Hat or cap	60	<input type="checkbox"/>
	Headband or buff	30	<input type="checkbox"/>
	Wooly hat	60	<input type="checkbox"/>
	Light gloves	60	<input type="checkbox"/>
	Sunscreen, lip balm (UPF 30)	30	<input type="checkbox"/>
	Sunglasses	30	<input type="checkbox"/>
	Drinking bottle or bladder with at least 1l capacity (depending on tour)	1190	<input type="checkbox"/>
	Electrolyte and magnesium tabs (capsules)	100	<input type="checkbox"/>
	First Aid Kit S or M (incl. blister pads and personal medication)	200	<input type="checkbox"/>
	ID, cash, credit card, plastic bag	40	<input type="checkbox"/>
	Small torch or headlamp	80	<input type="checkbox"/>
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	Extra trousers for hut	150	<input type="checkbox"/>
	Underpants	50	<input type="checkbox"/>
	Socks	100	<input type="checkbox"/>
	Sleeping bag	1500	<input type="checkbox"/>
	Roll mat	500	<input type="checkbox"/>
	Washing bag (travel shower gel, tooth brush / paste, small functional towel, tissues, ear plugs)	280	<input type="checkbox"/>
	Tent	1500	<input type="checkbox"/>
	Stove	800	<input type="checkbox"/>
	Approximate weight "Essential" (incl. backpack)	11290	<input type="checkbox"/>