

A large rucksack with:

- Hiking boots! Good footwear is important, we will probably be walking partly through snow
- T-shirt short and long
- Warm jumper
- Thermal underwear
- Winter jacket
- Trousers, ski trousers or warm trekking trousers
- Underwear
- Comfortable, good and warm socks
- Necessary
- Personal medication
- Gloves, hat, scarf
- Sunscreen
- Sleeping mat
- Sleeping bag
- Headlamp
- Water bottle with water (approx. 3l) Possibly a thermos bottle with tea :)
- Lunch for the day of arrival
- Snacks for the hike
- Portable ashtray if you smoke
- ID/ Passport (See Anti Rep)
- approx. CHF 100 for train ticket, collection (approx. 5.- per meal)
- Tupper box with lid
- Drinking cup
- Bag for snack/breakfast
- Thermos flask
- Cutlery

First aid kit:

- Plaster
- Dextrose
- Band-aid
- Rescue warming blanket (gold/silver foil)

Do you have any space left?

- Transpis, posters
- Musical instruments
- Good mood :)

What you do NOT need:

- Your smartphone or laptop
- Other personal documents