

# ADVENTURE HAS NO LIMITS. YOUR FREE TIME DOES.

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## Recommended Hut Packing List for Via Ferrata Tours

All tours offered by Alpenventures UNGUIDED are self-guided, and we expect our customers to already have the experience and knowledge to appropriately pack for a safe experience in the Alps. This list includes our recommendations, but depending on the season and the technical difficulty level of the tour, it is not an exhaustive list. Please use this list only as a general packing guideline, and add additional items as is appropriate for you, and for the tour.

### Hut Essentials:

- ☐ Sleeping bag liner – REQUIRED!
- ☐ Cash in the right currency – REQUIRED!
- ☐ Small, packable hand towel
- ☐ Soap or hand sanitizer
- ☐ Ear plugs
- ☐ Slippers or sandals to wear around the hut
- ☐ Identification

### Technical Gear

- ☐ Climbing harness – REQUIRED!
- ☐ Climbing helmet – REQUIRED!
- ☐ UIAA-rated Via ferrata set (security slings are not an acceptable replacement) – REQUIRED!
- ☐ Gloves (via ferrata or half-fingered leather rappel gloves)
- ☐ Personal security sling for resting
- ☐ Gear for self-rescue for technical via ferratas (short rope, carabiner, pulleys, belay/rappel device)

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## **Food and Water:**

- ☐ Adequate water supply and carrying capacity for your hydration needs (2+ liters per day)
- ☐ Optional: ½-liter Nalgene bottle or small water bottle to assist with refilling water from hut sinks
- ☐ Optional: Emergency water treatment tablets
- ☐ Snacks (we recommend bread from the bakery, cheese and sausage)
- ☐ Small garbage bag (please do not leave your trash at the huts)

Depending on which meals are included in your tour:

- ☐ Lunches
- ☐ Dinners
- ☐ Breakfasts
- ☐ Pot, stove, and gas
- ☐ Dishes and utensils as necessary

## **Navigation and Safety (10 Essentials):**

- ☐ Map
- ☐ Compass
- ☐ Optional: GPS or navigation app for your smart phone
- ☐ Rain cover for your backpack
- ☐ Sun protection (sun block, sun glasses, and a hat)
- ☐ First aid kit (include tweezers, as ticks common in the Alps)
- ☐ Knife and repair kit
- ☐ Head lamp with extra batteries
- ☐ Fire starter
- ☐ Emergency shelter

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## **Clothing**

- ☐ Rain jacket
- ☐ Optional: rain pants (we pack these depending on the forecast)
- ☐ Warm jacket for the evenings, such as a down or fleece jacket
- ☐ Warm hat
- ☐ Warm gloves

Clothing can be a very personal decision, but these are our recommendations.

- ☐ 2 to 3 pair socks
- ☐ Underwear (we'll let you calculate out what you need)
- ☐ Shorts
- ☐ Long pants
- ☐ Baselayer
- ☐ 2-shirts for hiking
- ☐ 1-comfortable shirt for sleeping and wearing in the hut
- ☐ Long-sleeved shirt
- ☐ Optional: our favorite outdoor clothing item is a hooded, long-sleeved shirt, with a snug-fitting hood that moves with you as you turn your head
- ☐ Optional: Buff, or other tubular bandana, is one of our favorite trail essentials

## **Toiletries**

- ☐ Deodorant
- ☐ Tooth brush
- ☐ Tooth paste
- ☐ Optional: shampoo
- ☐ Optional: tissues
- ☐ Other essentials as desired

## **Other**

- ☐ Sturdy hiking shoes (climbing shoes are not recommended)
- ☐ Hiking poles
- ☐ Optional: micro-traction for any ice that may be present on the trail (recommended for early-season tours)
- ☐ Optional: power pack for charging electronics