

PACKLIST

MULTI-DAY TOUR HIKING

WHAT TO WEAR

✓	Gear	Weight (Average)
	Ankle high hiking boots with good grip	x
	Functional hiking pants	x
	Functional shirt	x
	Functional jacket or vest	x

ESSENTIAL

	Backpack	1,7 kg
	Extra short-sleeve shirt	150g
	Extra long-sleeved shirt	200 g
	1-2 bottoms short / long	100 g
	Functional socks	60 g
	Water- and windproof jacket	900 g
	Water- and windproof pants	300 g
	Mütze oder Stirnband	60 g
	Cap or buff	70 g
	Liner gloves	70 g
	Functional shorts	220 g
	Sunscreen, lip balm (UPF 30)	60 g
	Sunglasses, ideally with photochromic lenses	30 g
	Drinking bottle or bladder with at least 1l capacity (depending on tour)	1200 g
	Electrolyte and magnesium tabs (capsules)	150 g
	Muesli, dried fruit, nuts, bars as required	150 g
	First Aid Kit S or M (incl. blister pads and personal medication)	320 g
	Headache pills	20 g
	ID, cash, credit card, plastic bag	40 g
	Sleeping bag liner	250 g
	Washing bag (travel shower gel, tooth brush / paste, small functional towel, tissues, ear plugs)	280 g
	Small torch or headlamp	80g
	Mobile phone with emergency numbers	130g
	Approximate weight "Essential" (incl. backpack)	4,9 kg

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Dear Outdoor Enthusiasts,

As a general rule for any trip remember to pack as light as possible – pack just what you need and leave the rest behind.

Experience is everything. To help you eliminate unnecessary weight and size, we have joined with professional mountain guides (German Mountain Guide Association) to produce this checklist. Please note that all weight specifications are approximate values. Often, the better the quality of the equipment the lighter it is.

Have a great adventure.

IMPORTANT:
Keep heavy things close to the body!



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	✓ Gear	Weight (Average)
<i>RECOMMENDED</i>	Trekking poles	460 g
	Swiss army knife	60 g
	Light pants	200 g
	Cotton shirt for the hut	150 g
	Hut shoes	180 g
	Plastic bag (for hut shoes or wet laundry)	20 g
	Approximate weight "Recommended"	1kg
<i>WITHOUT MOUNTAIN GUIDE</i>	Maps	80 g
	Guide book	210 g
	Compass	80 g
	GPS device	220 g
	Bivouac sack	280 g
	Approximate weight "without mountain guide"	870 g
	Approximate (Overall Weight)	8,5 kg
<i>EXPERTENTIPP</i>	Umbrella	210 g
<i>OPTIONAL</i>	Food	x
	Pullover / fleece	x
	Camera and camera bag	x
	Extra batteries (headlamp, camera, GPS etc.)	x

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