



Walking Holiday Packing List

Clothing and Footwear

Sun Hat or Peaked Cap

Sunglasses

T-shirts or Base Layers - *preferably not cotton, wool is better as it dries quicker. Synthetics work too, but tend to hold odors*

Extra Layers - *Usually only necessary in early or late season*

Fleece

Waterproof Jacket - *or poncho type over coat*

Hats and Gloves - *for early or late season holidays.*

Walking Shorts

Lightweight Walking Trousers

Waterproof over trousers - *or stick with the poncho if it's long enough*

Walking Socks - *We always recommend high quality here*

Comfortable Walking Boots or Shoes - *We'd recommend not to try and break in new boots on these trips.*

Walking Poles - *We were surprised by the difference they make.*

Other Essentials

Day pack - *around 30 litres in size.*

Waterproof Rucksack Cover - *or waterproof bags to keep things dry inside*

Water Bottles or Rucksack Bladders – *1.5 to 2 litres*

Sunscreen and Lip Balm - *higher factor the better as it's easy to get caught out at altitude.*

First Aid kit - *containing Plasters, Compeed type for blisters and Painkillers as a minimum)*

Penknife

Optional Items

Camera

Snack bars/dried fruit/chocolate

Ear plugs - *if you're easily disturbed at night or sensitive to sleeping in different places.*

Buff / Neckwarmer

Swimsuit - *in case you fancy a dip in one of the many lakes or even the Thermal Spa*

Binoculars



Additional items for Self Guided Walkers

GPS or Mobile phone with GPS
Compass and Altimeter
Waterproof map case
Whistle
Torch or Headtorch
Energy Snacks
Any Prescribed Medication
Emergency Contact Details

Extras for the Red Graded Walking Holidays -

we may do some overnight stays in Mountain Refuges, but please ask to confirm requirements

Survival blanket (light foil blanket to keep injured people warm).

Lightweight Sleeping Bag or Sleeping Bag Liner - *Blankets and / or duvets are usually provided*

Lightweight Towel

Spare Energy Snacks

Slippers - *a welcome relief for the feet in the Refuges.*

Games or Cards - *to pass an hour or 2 before bedtime.*