

IF NEEDED,
WE WILL ARRANGE A SAFE PLACE WHERE TO LEAVE YOUR ORDINARY
LUGGAGE IN PISA ON SUNDAY, BEFORE LEAVING (probably Le Benedettine)

Essentials for the HIKING summer school:

Hiking boots, providing good ankle protection and a firm grip on slippery surfaces.

Hiking backpack (30 liters are more than enough, but you can also carry a bigger backpack with fewer things in it!)

Hiking poles (possibly with rubber tips)

Bottles for carrying two liters of water (you can use PET bottles)

You might bring one tupperware for the lunches, if you have some allergies or are on a gluten free diet.

Sun protection: sunglasses, sun-protective clothes, and sunscreen, **HAT is MANDATORY**

Some energy foods for snacks during the hiking day

Weather-appropriate clothing (think layers) including also:

- Waterproof jacket
- Waterproof poncho
- Fleece jacket
- Trek Trousers/Pants: Comfortable, breathable, cargo styled, and quick dry trek trousers (at least reaching your knees). **Please AVOID shorts: high and thorny vegetation on some paths and TICKs danger**

A sleeping bag OR bed linen/sleeping bag liners

<https://www.rei.com/learn/expert-advice/sleeping-bag-liners.html>

Alternatively, paper bed linen can be bought at the lodge (5 euros)

Blankets will be provided by the mountain lodge.

Headlamp or SMALL LED torch (*not mandatory*)

Ear plugs (to help with your sleeping)

Flip-flops (or clean shoes) for the inside of the lodge

Towels

Minimal toiletries

Insect repellent (*in particular ticks repellent*)

Small medical kit with creams for burns, bruises, antiseptic lotions, bandages, bandaids, aspirine, etc. (*not mandatory*)

Chlorine-free tissues or a bit of toilet paper (*not mandatory*)

Pencil and papers (for the classes)

Laptop (not mandatory)

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PISA, IF NEEDED

**NO WIFI AND BAD MOBILE CONNECTION AT THE
LODGE**