

## **Euro Day Trek - Equipment List: What you need to bring with you for the trek!!**

Everything in RED is essential for the trip

### Clothing/Boots

Hiking Boots (Ankle Length) No trainers/sneakers allowed!

Warm hiking trousers & Light Waterproof jacket/trousers

Warm Fleece/Downs Jacket.

Thermal/Merino - Leggings, Long / Short sleeve T-shirt.

Balaclava, Gaiters, Gloves.

Remember you will be carrying your own rucksack so keep it light as possible!

15-30 Litre Rucksack - (Only pack what you require for the hike)

Sun Glasses, Cap/Sun hat, Neck Scarf

Head torch + Batteries

2-3L Water bottle x 2 bottle or water bladder.

Pack lunch/snacks.

Walk Sticks/Knee or Ankle Straps

Cash (there are no ATM's in the mountains)

Cards (some mountain hutties do except cards, but cannot be guaranteed)

Everything in BLUE is optional for the trip

### Walking poles

Ice Crampons (Type: Straps or Slip on) there is small chance of snow ice on the mountains between March and May

Digital Camera + spare batteries

Suntan Lotion Factor 30/50

Iodine water-purification tablets

Mosi/Midge Repellent, Imodium Tablets

Compeed blister plasters, small First Aid kit

Dry Snacks/Chocolate