



PACKING LIST FOR THE BIG 3 MULTI-DAY HIKE

BASIC EQUIPMENT

- Sturdy hiking boots (ankle-supporting, non-slip), robust and well broken-in
- Hiking socks (including spare pair)
- Hiking poles
- Helmet
- Via ferrata set
- Windbreaker or waterproof jacket
- Fleece jacket or lightweight down jacket
- Functional shirt or T-shirt
- Outdoor hiking trousers
- Neck gaiter (buff)
- Beanie, cap or sun hat (with neck protection)
- Lightweight gloves
- Sunscreen
- Sunglasses
- First-aid kit
- Mobile phone
- Cash
- Food as desired
- Water bottle
- Optional: magnifying cup, compass, knife, binoculars

DAY PACK

- Day backpack (approx. 20 l) incl. rain cover
- Lightweight spare clothing for changing on the way
- Sun protection (sunglasses, sunscreen)
- Drinking bottle or thermos
- Food according to personal needs
- Compact first-aid kit
- Mobile phone (fully charged)
- Hiking poles
- Helmet and via ferrata set (if required)
- Cash
- Optional: torch or headlamp and pocket knife

Important: Pack as lightly as possible.

OTHER ITEMS

- Clothing for staying at the accommodation
- Toiletries
- Personal medication if required
- Passport / ID card
- Chargers
- Note down emergency numbers "140" and "112"

FIRST-AID KIT

- Adhesive wound dressing
- Standard plasters
- Blister plasters
- 2 elastic bandages
- 2 sterile gauze pads (10 x 10 cm)
- 1 roll of tape (2.5 cm wide)
- 2 triangular bandages
- 2 emergency blankets
- Disposable gloves
- Small scissors