



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 × 10 cm)
- ☐ 1 roll of tape (2.5 cm wide)
- ☐ 2 triangular bandages
- ☐ 2 emergency blankets
- ☐ Disposable gloves
- ☐ Small scissors