

PACKING LIST – HIKING ITALY'S NORTHERN ALPS

FOOTWEAR

- ___ 1 pair of (lightweight to midweight) hiking boots with good ankle support
- ___ 1 pair of comfortable shoes for general use
- ___ 3-4 pairs of hiking socks (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough)

CLOTHING

- ___ 1-2 pairs of comfortable synthetic long pants for hiking
- ___ 1 pair of shorts (lightweight and quick drying) or zip off pants
- ___ 2 - 3 synthetic or lightweight merino wool T-shirts or short-sleeved shirts
- ___ 1 lightweight, long-sleeved shirt for hiking/sun protection - button up front is the best
- ___ 1 lightweight fleece/down pullover/vest
- ___ 1 medium weight fleece/down jacket
- ___ 1 pair lightweight top and bottom long underwear - silk, wool or synthetic equivalent
- ___ 1 pair wool, Capilene, or Polartec gloves
- ___ 1 warm/lightweight wool or fleece hat
- ___ 1 buff
- ___ 1 rain jacket and rain pants – **waterproof**/breathable fabric like Gore-tex
- ___ Underwear/nightwear
- ___ 1 - 2 changes of casual clothes to wear at end of day

EQUIPMENT/ESSENTIALS

- ___ Passport and a photocopy of your passport
- ___ Covid-19 Vaccination Card (Required, digital or original)
- ___ 1 small bottle of Hand Sanitizer (Required)
- ___ 3-8 Face Masks (if using paper masks, plan to have a new one for each day. If using cloth, bring at least 3 and plan to alternate them so you can clean between use)
- ___ 1 daypack (see notes on packing list for recommended capacity)
- ___ 1 pair Trekking poles (required)
- ___ Rain/Pack cover
- ___ Capacity to carry 2/3 liters of water (Please see Notes on Packing List)
- ___ Sunglasses (100% UV protection) w/retention strap
- ___ insect repellent
- ___ Small headlamp or flashlight
- ___ 1 - 2 bandanas
- ___ Ear plugs (for a good night's sleep!)
- ___ 1 small pack towel

TOILETRIES (small everything)

- ___ Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies
- ___ Sunscreen and lip protection with sunblock of at least SPF 15
- ___ Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, any personal medications

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

OPTIONAL

- ___ Camera
- ___ Short gaiters
- ___ Pocket knife / multi-tool
- ___ Journal and writing / sketching supplies
- ___ Electrical adaptor/converter – type F and/or L
- ___ Small travel cloth (often European linens do not include a washcloth)
- ___ Reading material
- ___ Compact binoculars
- ___ Smartwatch / fitness tracker
- ___ Earbuds / Headphones

NOTES ON THE PACKING LIST

Adventures in Good Company's packing list includes items to help you prepare for the various activities and conditions. It is not personalized, so please add the items that you feel are necessary to travel safely and comfortably, but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack!**

Daypacks: Your daypack should be large enough to hold the following items: 1 – 2 liters of water, rain gear, lunch/snacks (for the day), sun screen, warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity of between 29 – 40 liters that fits comfortably on your waist and shoulders. Line your daypack with a durable plastic bag to keep your belongings dry or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. **Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day.**

Pack Cover: These are waterproof/resistant, usually elasticized covers designed to go over your backpack and keep both the pack and its contents dry in case of inclement weather. Pack covers are sized. If you are purchasing a pack cover be sure to either take your pack with you or know the size cover you need. Many daypacks do come with built in pack covers.

Footwear: Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes **before** your trip. For general hiking, lightweight or midweight boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip.

Clothing: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your activewear! It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs. Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

Hydration: Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike.

Personal First Aid Kit: Bring a small first aid kit with medicine and first aid supplies you might need. Recommendations include the following: blister remedies like moleskin, Compeed or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

Trekking Poles: Trekking poles are required for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, [click here to read this blog post](#) that addresses the most commonly asked questions.