

# Packing List · GivenInNature

## Hiking Equipment

- Backpack: 30 to 40 liters, including a rain cover - Make sure all equipment fits inside your backpack (with the exception of walking poles)
- Hiking boots: comfortable, worn-in hiking shoes, category B
- Walking poles

## Clothing

- (Hardshell) raincoat - no poncho
- Rain pants - preferably one that can be put on without taking of your shoes
- Underwear
- Quick-drying T-shirt
- Long, quick-drying shirt
- Fleece sweater
- Jacket for cold mornings / evenings, for example a down jacket or fleece jacket
- Hiking pants
- Hiking socks
- Hat / cap
- Sunglasses (category 3 or 4)
- Gloves
- Buff
- A spare set of clothes that can be left in the village, to wear after the trail

## Food & Drinks

- Water (minimum 2 litres)
- Lunch that is nutritious and can last for several days without a refrigerator (energy bars, dried fruits and nuts, chocolate, wraps, rye bread, etc.) - Lunch can be bought in the hut if preferred

## In the mountain hut

- Sleeping bag liner
- Pillowcase
- Headlamp / flashlight
- Small towel (microfiber cloth is ideal: small, light and dries quickly)
- Earplugs
- A spare set of clothes to wear in the evening

## Personal Hygiene - Just an indication - Use small/light packages as much as possible

- Shower gel
- Shampoo
- Toothbrush
- Toothpaste
- Deodorant
- Sunscreen factor 30 or 50
- Lip balm factor 30 or 50
- Toilet paper
- Contact lenses + liquid
- Sanitary pads / tampons
- Medicines

## Safety

- Mobile phone
- Mobile phone charger
- Blister plasters
- A piece of duct tape for emergency repairs
- Safety whistle
- List of telephone numbers of family and rescue services (ICE numbers) in your mobile phone
- NKBV membership card for emergency center number (if travel insurance via the NKBV)

## Identification & Payment

- Valid passport or ID
- Drivers license
- Copy of passport / ID and driver's license
- Medicine passport
- Cash
- Debit card
- Credit card
- Vignette (if traveling by car)
- Proof of health insurance
- NKBV membership card
- Travel insurance for mountain activities

## Other - All optional

- Power bank
- Camera
- Pocket knife
- Sports tape
- Spare shoe laces - when you don't fully trust your current laces