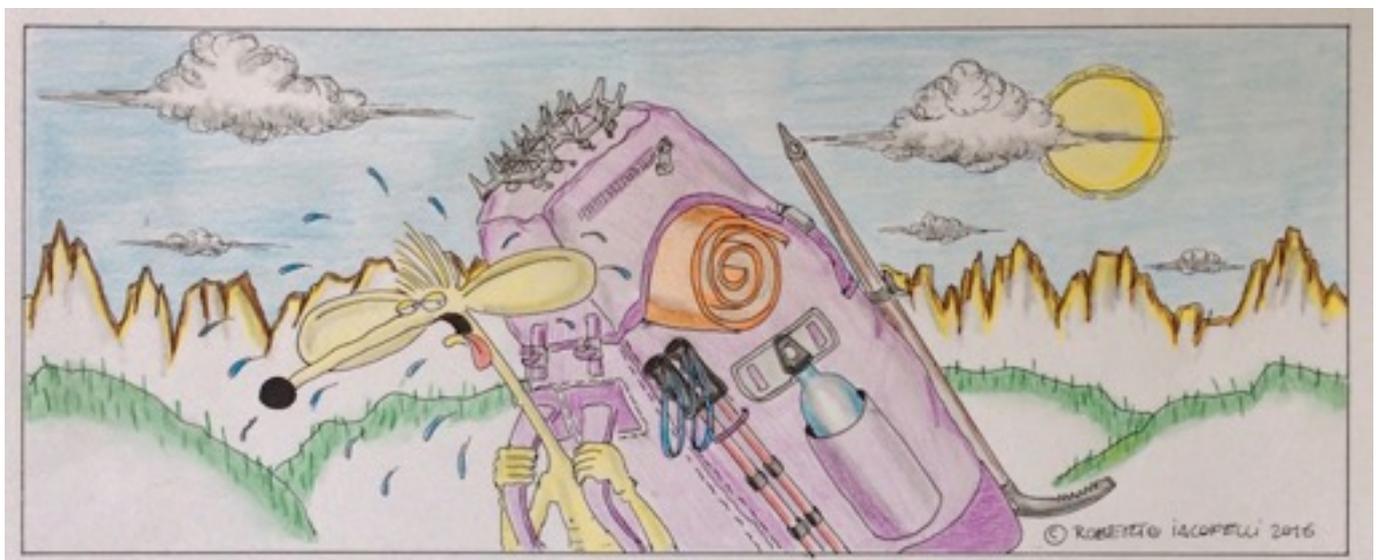


## Clothing set

Here are my suggestions for clothing and equipment for your Dolomites adventures



On the next pages you will find a basic list for 4-6 days of trekking or via ferrata tours.....

Everybody has their own personal preferences, so this list is only a recommendation for the contents of your backpack. Less is more, especially when carrying it all day.

Lastly .... this is the composition of the backpack carried by me, your mountain guide....very Spartan...

If you are looking only for a daily climb tour, consider a smaller backpack more essential.



1. Backpack (from 35L. to max 50 Liters)
2. Trekking poles (optional)
3. Victorinox Swiss Army knife (or similar)
4. Small camera
5. First Aid kit and personal pharmacy
6. Simple toiletries kit (see next page for composition)
7. Sheet sack
8. Helmet (only for ferrata tours)
9. Ferrata lanyard (only for ferrata tours)

- 10. Ferrata gloves (only for ferrata tours)
- 11. Harness (only for ferrata tours)
- 12. Goretex (or similar) rain jacket
- 13. Goretex (or similar) rain shell pants
- 14. Backpack rain cover
- 15. Hiking socks
- 16. Cotton short socks for the evenings in Refuges
- 17. Cotton sweater
- 18. Technical T-Shirt
- 19. Cotton T-Shirt
- 20. Underwear
- 21. Small plastic water bottle (or Camel Back)
- 22. Sunglasses
- 23. Sun hat
- 24. Warm beanie cap
- 25. Small headlamp
- 26. Gloves
- 27. OPTIONAL: Shorts or additional thin long pants
- 28. OPTIONAL: cell phone and charger



### **LIGHT TOILETRIES KIT**

- 1. A small hiking toiletry bag like this
- 2. MSR Pack Towel UltraLite X
- 3. Comb
- 4. Soap and case
- 5. Toothpaste
- 6. Toothbrush
- 7. Shampoo and razor
- 8. Sunscreen (optional)



**THE BEST CHOICE FOR FOOTWEAR**

**(A)** Mountaineering boots: necessary for glacier tours or in the Dolomites during May and June.

**(B)** Heavy hiking boots: the best choice for hut-to-hut trekking tours and multi-day ferrata treks.

**(C)** Light hiking boots or running shoes: ABSOLUTELY NOT for long hut-to-hut trekking and ferrata tours! These are good only for the approaches to climbing routes.



*My (personal) Dolomites clothing set*

1. Technical T-shirt and mountain soft-shell pants (not short pants please....)
2. Sweater
3. Combination of technical T-shirt and wind stopper vest
4. Combination of sweater and wind stopper vest
5. Wind stopper Jacket
6. Down Jacket (only on glacier treks or in winter)
7. Gore Tex (rain) Jacket.... always....

