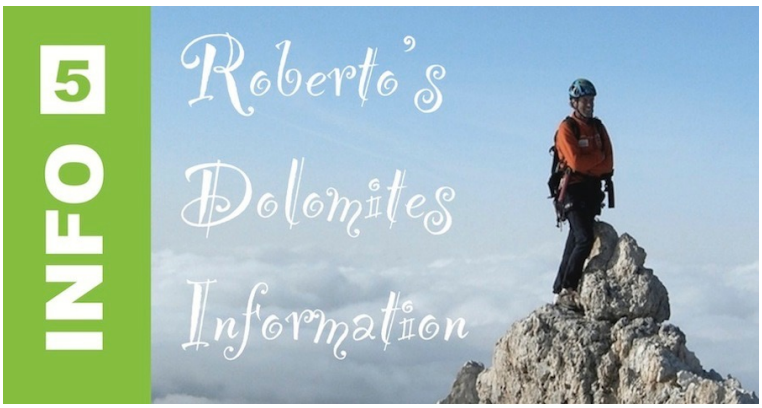
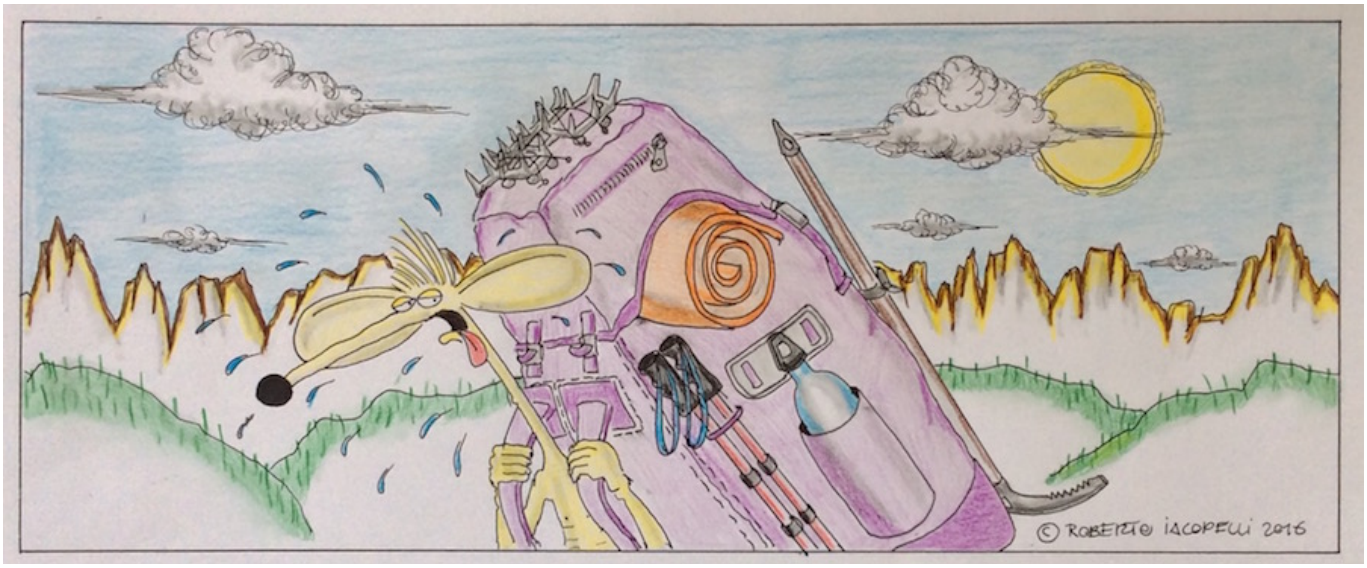


Clothing set

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



Prepare your backpack with the correct equipments is a very important aspect of your climbing experience in the Via Ferratas of the Dolomites.

The most comune mistake of every hiker is to carry too many: accessories, clothing and others equipments "not necessary" .....
Remember that on the via Ferratas in the Dolomites you will climb, so your backpack need be "compact" and particularly "not too heavy".....to enjoy these days and more important: "for your personal safety"....
For this reason I have wrote the following guidelines to help you to syntetize your personal list.

Here below are the lists to prepare:

THE BACKPACK FOR A MULTI-DAYS VIA FERRATA TREK, HUT TO HUT

1. Mountaineering backpack
- 20L for one day tour
- 30L/45L for multi-days treks
2. Sun hat
3. Warm beanie
4. Warm gloves
5. Compact photo camera (not reflex cameras)
6. Glasses: sun / reading
7. Bottle or Camelback 1-3 L.
8. Smartphone **(*)**
9. First aid bag (only for personal use)
10. Backpack raincover
11. GoreTex jacket
12. GoreTex rainpants
13. Fleece sweater
14. Helmet
15. Harness + Via ferrata set
16. Crampons (only for glaciers tours)
17. Ice Axe (only for glaciers tours)
18. Trekking poles (optional)
19. Protective gloves (optional)
20. Charger + spare battery for smartphone **(*)**
21. Sun creme
22. Head lamp
23. Pocket paper towels
24. Toiletry bag **(*)**
25. Spare clothing set **(*)**
26. Travel sack liner **(*)**

(*) see below the specific lists

THE BACKPACK FOR A SINGLE DAY IN VIA FERRATA

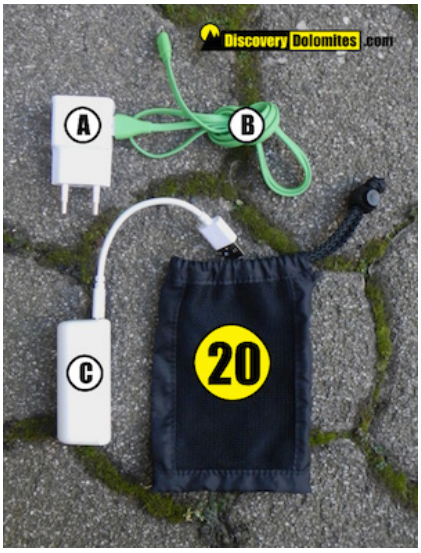
1. Mountaineering backpack
- 20L for one day tour
- 30L/45L for multi-days treks
2. Sun hat
3. Warm beanie
4. Warm gloves
5. Compact photo camera (not reflex cameras)
6. Glasses: sun / reading
7. Bottle or Camelback 1-3 L.
8. Smartphone **(*)**
9. First aid bag (only for personal use)
10. Backpack raincover
11. GoreTex jacket
12. GoreTex rainpants
13. Fleece sweater
14. Helmet
15. Harness + Via ferrata set
16. Crampons (only for glaciers tours)
17. Ice Axe (only for glaciers tours)
18. Trekking poles (optional)
19. Protective gloves (optional)

(*) see below the specific lists

(*) 8. Smartphone

If you use your smartphone **(A)** to take photos during the climbing in via ferrata (it's a good idea!) consider to have a bag **(C)** positioned on the right (or left) shoulder sling of your backpack.

The Smartphone need have a small security sling **(B)**.... I have see too many and expensive smartphone flight down the walls of the Dolomites for a accidental hand movement :-)



(*) 20. Charger + spare battery for smartphone

In every refugio you can charge your smartphone with your charger, remember that on the refugios of the Dolomites you vill find the standard EC electrical outlets **(A)**.

A good idea is to have long connections cables **(B)** with small extra battery **(C)** to charge it without the risk to las your smartphone without control during the charging period.

(*) 26. Travel sack liner (A)

Generally is better to carry it on the bottom part of your backpack in the original brand bag or in a small bag.

(*) 25. Spare clothing set

The spare clothing set is the most important component of your backpack, here you can't wrong the composition.

On the refugios of the Dolomites, after the shower, you need have only:

(A) Light gym pants
(B) Cotton T-Shirt
(C) Light pullover
(D) Underwear
(E) Cotton socks

(*) 24. Toiletry bag

This is really a very delicate and complicated argument especially for the women's... please be very essentialist....

On the basic toiletry bag you will have:

(A) Comb
(B) Shampoo
(C) Toothbrush and toothpaste
(D) Soap
(E) Microfiber light towel

More essential will be the toiletry bag for 1-3 days

(A) Comb
(C) Toothbrush and toothpaste
(D) Microfiber light towel
(E) Liquid soap/shampoo

CLOTHING SET FOR VIA FERRATA

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.

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….