

## Dolomite Val Gardena Packing List

### TREKKING GEAR

Gone are the moments of rage, scrabbling through your backpack in search of something. On this trip, you should exploit the advantage of staying in “**The One Place**” for most of the trip. You can bring as much or as little as you like.

Suitcases are recommended for this trip, although many travelers carry their luggage in a backpack. Alternatively, a sports-type / carry-all bag with a shoulder strap would suffice.

You will also need a good day pack when out trekking to carry a jacket and personal effects such as a camera, sunscreen, water, snacks, and blister kit.

### Travel Documents

Passport  
Air ticket  
Travel Insurance Policy  
Personal Vaccination Documentation  
Credit card  
Spending money (cash) in Euro

### Personal First Aid Kit

Your personal First Aid kit will contain Band-aids, Paracetamol, Deep Heat or other muscle liniment, Blister pads, Crepe bandages (for further injury treatment if required), Antibiotic cream for cuts and scratches, ‘Imodium’ tablets, Strapping tape (optional if required for knees and ankles), Anti-chafing cream, Foot powder if needed, Waterless hand disinfectant, Anti-inflammatory cream, Broad-spectrum

- Warm fleece, sweater, hat, gloves (cold mornings)
- Waterproof jacket & over-trousers
- Sun hat

### Non-Optional For This Trip

- Walking poles (good for balance & taking the weight off your knees on descents).

### Other Suggestions

- Trekking scarf (buff)
- Cycling Gloves (can also be used for protection while trekking with poles)
- Bathers
- Camera
- Spare batteries for camera
- Reading & writing material
- Pair of flip-flops/trainers for anything
- Knee brace or strapping tape – not essential but useful for injury
- Hand sanitiser
- Personal toiletries
- Snacks – though these can be purchased locally
- Book
- Swiss army knife or similar
- Mobile & charger

### A Note On Your Boots

In the Dolomites, you will encounter alpine trek conditions varying from well-defined treks to gravel to rocky terrain. Unless you are a very experienced trekker or trail runner we highly recommend wearing walking boots

antibiotic tablets, Anti-Nausea Tablets.

We also recommend sharing a First Aid Kit if traveling in a group.

\*If you have something you are particularly prone to, ear infections or sinus problems, bring what you need with you

**Note:** We suggest carrying a few RAT Tests and a sufficient supply of Facemasks.

### Personal Items

- Comfortable daypack with a rain cover
- Waterproof bags for gear moisture protection in day pack while walking (garbage bags are fine)
- Water bottles or Camelbak system ( 2-3 liters recommended. Water is accessible from fountains and hotels along the way.
- Blister kit (see blister management), rehydration salts, and any personal medication you use
- Alarm clock
- Sunscreen, hat, and high UV sunglasses with retaining cord

### Clothing

- Well-worn in boots with ankle support, no sneakers on the trek – You are trekking in alpine terrain and will require shoes with a good grip, especially in wet conditions.
- 3 pairs of walking socks
- 3 T-shirts (lightweight quick-drying tech fabric) or long-sleeved Trekking shirts
- 2 pairs of shorts and at least one

with ankle support on the trek to prevent you from any injuries.

### A Note On Your Daypack

Being in high mountains you should prepare for all eventualities with the weather. High altitudes will always be cool and if clouds set in it can be cold & damp. Expect 20-30 degrees Celsius at lower altitudes and at night temperature can fall below 10 degrees Celsius, mornings can be cold. Better be prepared than sorry. Dress like an onion and take off/put on layers as required and store your gear in your day pack when not required.

### Personal Day Gear

- A comfortable day pack with a rain cover
- Water bottle or Camelbak
- Well-worn trekking boots with ankle support
- Preferred trekking cloth – shirt, pants, socks, trekking scarf (buff), sun protection hat with cord, sunglasses with retaining cord
- Walking poles
- Trekking gloves for blister protection if you use walking poles

### Recommended Contents Of Your Day Pack

- Blister kit (containing dedicated blister band-aids, moleskin if required)
- Rehydration salts (Hydrolite), and any personal medication you use
- Rain gear (jacket and pants) according to the weather forecast
- Preferred snacks, fruit, and nuts, muesli bars, lollies, chocolate

<p>lightweight pair of pants (for walking in – avoid wearing Jeans!)</p> <ul style="list-style-type: none"><li>• Bathers</li><li>• Sleeping gear (lightweight)</li></ul>	<ul style="list-style-type: none"><li>• Fleece or Vest for extra warmth</li><li>• Beanie</li><li>• Camera (optional)</li><li>• Personal spending money</li></ul>
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### **Supplied Equipment**

<ul style="list-style-type: none"><li>• Additional First Aid Kit</li></ul>
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### **Suggested items while staying at the Refugio**

<ul style="list-style-type: none"><li>• Personal Toiletries</li><li>• Personal Medicine</li><li>• Sleeping gear</li><li>• Flip Flops or light slippers to wear inside Refugio</li><li>• Ear plugs</li><li>• Mobile phone or camera charger (optional)</li><li>• Day pack with personal clothing and trekking gear and poles</li><li>• Some cash to purchase lunch and drinks</li><li>• Copy of Travel Insurance</li><li>• Trekking gloves when using poles</li></ul>
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