

EQUIPMENT LIST VERSION "COMFORT" WITH LIGHT RUCKSACKS

SOME ADVICE TO HELP YOU PROPERLY PREPARE YOUR TWO BAGS:

- YOUR RUCKSACK
- YOUR BAG TRANSPORTED BY TAXI

- Necessary equipment
- Facultative equipment

1/ IN YOUR RUCKSACK

- **The weight of your rucksack should not exceed 6 kg.**
- Leave space for the picnic lunch that will be provided each day.

Clothing

- Hill walking boots
- Socks
- 1 pair of shorts + 1 pair of trousers
- 1 tee-shirt
- 1 fleece jacket
- 1 windbreaker jacket with hood (e.g. Gore-tex)
- Hat/ sunglasses/sun-cream / lip balm
- Bonnet
- Warm gloves
- Scarf
- Small gaiters

Accessories

- Comfortable rucksack (35L maximum)
- Water bottle (2 x 1 litre)
- Knife / spoon
- Cereal (or energy) bars
- Small first-aid kit
- 2 telescopic ski poles
- Umbrella or rain cape
- Survival blanket
- Camera + battery + film
- Binoculars
- Dustbin bag to protect the contents of your rucksack

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Papers / cash / insurance

- **Passport**
- **EUROS** for drinks and extras
- **INSURANCE: which covers hiking**
- Name and details of the person to be contacted in the event of an emergency

2/ IN YOUR BAG TRANSPORTED BY TAXI

- **Maximum 10 kg:** any supplement might be invoiced by the taxi
- In preference choose a travel bag and not a rigid bag

Clothing and accessories

- Change of clothing (tee shirt, socks, trousers, underclothing)
- Sleeping bag liner (*covers provided in the mountain hut*)
- Toilet kit: soap, shampoo, toothpaste, toothbrush, toilet paper
- Plastic bag for dustbin or to protect clothing
- Torch + new battery
- Flip-flops or sandals
- 1 padlock to lock your bag in the taxi

Personal first-aid kit

- Pain and fever relief, remedy for digestive problems
- PERSONAL MEDECINES