



## Cortina Dolomites Trekking Equipment List

### Considerations

Packing for a trekking trip is a balancing act. You want your pack to be as light as possible so you can truly enjoy the trek. But you also need to have enough gear to be warm (or cool), comfortable, and well-fed and watered. When buying, renting, or borrowing gear for the trip, please keep weight, performance, and function in mind.

Cortina has many outdoor stores intermingled with its lovely cafes, gelaterias, and pizza restaurants. If you need clothing, footwear, or gear for the trip, come a day early and pick up what you need.

### Hiking Gear

- ☐ Light trekking boot or sturdy approach shoe with a fairly stiff sole for walking over rocky terrain
- ☐ Lightweight, collapsible ski poles (optional, but recommended)
- ☐ Yaktrax-type traction devices that fit your boots or shoes (for early and late season trips)
- ☐ 'Shorty' summer gaiters (for early and late season trips)
- ☐ Daypack (35-45 litres) with rain cover specific to the pack
- ☐ Lightweight umbrella

### Clothing

We recommend the 'layering system': Bring light, technical clothing that doesn't take much space in your backpack and dries quickly when sweaty or wet. Layers must be put on and taken off quickly as weather conditions change during the day. There may be days when you can wear cotton, but your main clothing choices should be synthetic or wool. Merino wool is a nice material for base layers and t-shirts because it is comfortable, warm, and it does not retain odours, even after many days of use.

- ☐ Wind and waterproof shell jacket with hood (Gore-Tex or similar)
- ☐ Lightweight wind and water-resistant over pants (Gore-Tex or similar)
- ☐ Lightweight synthetic trekking pants or zip-offs
- ☐ Medium weight Primaloft jacket with hood
- ☐ Medium weight fleece sweater
- ☐ Synthetic or wool base layers – top and bottom
- ☐ Synthetic shorts and t-shirt
- ☐ Quick-drying sports bra
- ☐ 2-3 pairs good quality trekking socks
- ☐ Warm hat that covers your ears

- ☐ Lightweight synthetic or wool gloves
- ☐ Sun hat, preferably with a wide rim
- ☐ Bandana or Buff (optional)

## **Lodging**

- ☐ Sleeping bag liner for the huts – silk is lightest
- ☐ Light hut slippers (optional). Many huts provide hut shoes
- ☐ Spare socks and underwear
- ☐ Toiletries and small towel
- ☐ Ear plugs (optional, but recommended)
- ☐ Alpine Club card

## **Other items**

- ☐ Sunglasses with high UV protection
- ☐ Sunscreen and lip protection with high SPF
- ☐ Small container bug spray or cream
- ☐ One or two, one-litre water bottles
- ☐ Water purification tablets or small personal water filtration system (optional)
- ☐ Headlamp with fresh battery
- ☐ Your favourite hiking snacks - candy bars, dried fruit, nuts, etc. Lunches and snacks can be purchased at the lodging or in the villages
- ☐ Personal first aid kit and other needs (eg. blister kit, prescription medicine, anti-inflammatory, contact lenses, prescription glasses, etc.)
- ☐ Pocket knife (optional)
- ☐ Passport, health and travel insurance documents
- ☐ Light stuff sacs or Ziploc bags to keep your backpack organized and important items dry (optional, but recommended)
- ☐ Camera, spare batteries (optional)
- ☐ Compass, maps, GPS, altimeter watch (optional)
- ☐ Hand sanitizer or sanitary hand wipes (small personal amount)
- ☐ Feminine hygiene supplies
- ☐ Toilet paper – small amount for daytime emergencies
- ☐ Telephone with charging cable (optional)
- ☐ Adaptor for European charging system (optional)