



# Cortina Via Ferrata Hut Trek - Gear List

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\*June and September-October can be considered early and late season trips – depending on residual snowpack (June) or early snow/colder temps (Sept-October)

## Considerations

Packing for a mountain 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.

## Technical Gear

### Provided by OnTop Mountaineering, Upon Request:

Should you require the use of this gear, please inform your Trip Coordinator. This rental is included as part of your trip package.

- ☐ Via Ferrata Clip-In Set
- ☐ Climbing harness
- ☐ Climbing helmet
- ☐ Two conventional locking carabiners

### Bring or Rent the Following:

- ☐ Light trekking boot or sturdy approach shoe with a fairly stiff sole for walking over rocky terrain and for climbing ladders and rungs
- ☐ Daypack (30-40 liters) with rain cover specific to the pack
- ☐ Good quality, thin, well-fitting leather gloves for via ferrata sections. Preferably fingerless (bike and belay gloves work well).
- ☐ Lightweight, collapsible hiking poles\*
- ☐ 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)\*

\*Optional

\*\*Optional but recommended

## 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 'puffy' 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 (wool, not cotton)
- ☐ Warm hat that covers your ears
- ☐ Lightweight synthetic or wool gloves
- ☐ Sun hat, preferably with a wide rim
- ☐ Bandana or neck gaiter (eg. Buff)\*

### Lodging

- ☐ Sleeping bag liner (silk is lightest) **MANDATORY**
- ☐ Spare underwear and socks
- ☐ Light hut shoes/hut slippers/ crocs\*
- ☐ Toiletries and small towel (microfibre is the lightest)\*
- ☐ Ear plugs\*\*
- ☐ Alpine Club Card\*

### Other items

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