



# Self-Guided Dolomites AV1 Trekking -Gear List

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## 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 purchase or rent what you need. If you plan to rent gear in Cortina, it is best to contact the local shops in advance to ensure they rent the gear you need.

### Legend:

Early and Late Season Trips: June and September-October can be considered early and late season trips – depending on residual snowpack (June) or early snow/colder temps (Sept-October)

\*Optional

\*\*Optional but recommended

## Hiking Gear

- Light trekking boot or sturdy approach shoe with a fairly stiff sole for walking over rocky terrain
- Daypack (30-40 liters) with rain cover specific to the pack
- Good quality, thin, well-fitting leather gloves, preferably fingerless. Bike and belay gloves work well. (for WW1 tunnels at Lagazuoi)
- Maps and Trip Information Letter provided by OnTop Mountaineering
- Yaktrax-type traction devices that fit your boots or shoes (for early + late season trips)
- Short summer gaiters (for early and late season trips)
- Lightweight, collapsible hiking poles \*\*
- Lightweight umbrella\*

## Clothing

We recommend the 'layering system': bring light, technical clothing that doesn't consume 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 of good quality trekking socks
- Warm hat that covers your ears
- Lightweight synthetic or wool gloves
- Sun hat, preferably with a wide rim
- Spare socks and underwear
- Bandana or Buff\*

### Lodging

- Sleeping bag liner for the huts – silk is lightest (MANDATORY for HUT LODGING)
- Toiletries and small towel (quick-drying/ microfiber)
- Cash – euros for lunches, drinks, snacks, showers, etc)
- Ear plugs\*\*
- Light hut slippers or crocs\*
- Alpine Club card\*

### Other items

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