



Arco & Lake Garda Via Ferrata- Gear List

Considerations

Arco is a sports enthusiast's shopping mecca. There are at least 17 outdoor stores along a 300-metre stretch of the old town, intermingled with gelaterias, pizzerias, and coffee shops. If you need clothing, footwear, or gear for the trip, come a day early and shop to your heart's desire.

Technical Gear

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 (25-30 litres) with rain cover specific to the pack
- Good quality, thin, well-fitting leather gloves for via ferrata sections
- Lightweight, collapsible hike poles**

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

*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 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 neck gaiter (eg. Buff)*

Lodging

- Casual clothing, spare socks and underwear, and comfortable footwear for the nightly accommodations
- Toiletries

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
- 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, feminine hygiene, toilet paper, hand sanitizer etc.)
- Pocket knife*
- Passport, health and travel insurance documents
- Light stuff sacs or Ziploc bags to keep your backpack organized and important items dry**
- Camera, spare batteries*
- Maps, GPS, altimeter watch*
- Cellphone with charging cable*
- Adaptor for European charging system*