



Via Ferra Day Trips- Gear List

Technical Gear

Provided by OnTop Mountaineering:

The following equipment will be provided to you by OnTop Mountaineering for the duration of your day trips. This rental is included as part of your trip package. Should you not require the use of this gear, please inform your Trip Coordinator.

- Via Ferrata Clip-In Set
- Climbing harness
- Climbing helmet

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 (18-20L liters) with rain cover specific to the pack
- Good quality, thin, well-fitting leather gloves, 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)
- Short summer gaiters (for early and late season trips)*

Legend:

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

*Optional

**Optional but recommended

Clothing

Please dress for the weather. 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. 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. Examples:

- Wind and waterproof shell jacket with hood (Gore-Tex or similar)
- Lightweight wind and water-resistant over pants (Gore-Tex or similar)
- Lightweight synthetic climbing 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
- Warm hat, covering your ears
- Lightweight synthetic gloves
- Sun hat, preferably with a wide rim
- Bandana or Buff (optional)

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 (for Lagazuoi Tunnels only*)
- Your favourite hiking snacks - candy bars, dried fruit, nuts, etc.
- Personal first aid kit and other needs (eg. blister kit, prescription medicine, anti-inflammatory, contact lenses, prescription glasses, etc.)
- Small container bug spray or cream*
- Camera and charger*