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EQUIPMENT

For the purpose of safety and an enjoyable hike the following is recommended:

- Day rucksack
 - Comfortable clothing (zip-trousers to shorten or lengthen)
 - Sturdy footwear with a good sole grip (ideal: hiking boots with ankle support)
 - Hiking pole
 - Rain proof jacket
 - Sweater (yes, it can get cold in the mountains)
 - Sun glasses
 - Hat
 - Sun cream with high factor
 - Toilet paper/paper tissues
 - Small towel
 - Camera
 - Water (at least 1,5L)
 - Lunch sandwich/snacks
 - Small First Aid Kit (hotel to hotel trek)
 - Small torch or forehead light (hotel to hotel trek)
 - Whistle (hotel to hotel trek)
- and lots of good humor!