

Hiking

CHECKLIST

Love Nature



- _____
- Appropriate Shoes**
- Windproof - waterproof jacket**
- Breathable base layer**
- Hat**
- Warm Socks**
- Water-repellent hiking trousers**
- _____
- _____



Create Memories

- _____
- Snacks**
- Thermos with warm drink**
- Knife**
- Sun cream**
- Lip balm**
- _____
- _____
- _____



Think Sustainably

- _____
- Change of baselayer**
- Gaiters**
- Hiking poles**
- Hiking poles**
- Gloves**
- _____
- _____
- _____

Connect with Nature

- _____
- Mobile phone**
- First aid kit**
- Headlamp**
- Hiking Map (& compass)**
- Inform others about your route**
- Cash - for huts & taxi's**
- _____
- _____
- _____