Dolomites AV2 Trek Equipment List

Clothing / Layers

- [ ] **Hiking boots**
  Make sure they are well broken in before departure and have good grip for rocky, uneven terrain. Trail shoes are acceptable for experienced hikers.
- [ ] **Flip flops / sandals**
  For showers and wearing in the refuges in the evenings.
- [ ] **Hiking socks x 2 minimum**
  Merino wool or synthetic. These can be hand-washed in the evenings.
- [ ] **Underwear x 2 minimum**
  Merino wool or synthetic is advisable. These can be hand-washed in the evenings.
- [ ] **Lightweight hiking trousers x 1**
  Zip-offs are ideal to save weight rather than bringing separate shorts for hot days.
- [ ] **Quick-dry shorts x 1**
  If not using zip-off trousers.
- [ ] **Short-sleeve base layer x 1**
  Silk, wool or synthetic. Avoid cotton.
- [ ] **Long-sleeve hooded base layer x 1**
  Silk, wool or synthetic.
- [ ] **Mid-layer x 1**
  A lightweight fleece, lightweight down jacket or softshell jacket such as your Earth's Edge jacket.
- [ ] **Waterproof jacket**
- [ ] **Waterproof trousers**
  Full-length zips are helpful so they can be put on over boots.
- [ ] **Lightweight poncho**
  Useful as a backup in heavy rain.
- [ ] **Fleece hat / beanie**
- [ ] **Buff**
- [ ] **Lightweight hiking/liner gloves**
  Wool or synthetic.
- [ ] **Sunglasses (category 3)**
- [ ] **Sun hat with a wide brim**
  To cover face and neck.
- [ ] **Comfortable clothing set x 1**
  Lightweight trousers/leggings and a T-shirt/shirt to wear in the evenings.
- [ ] **Spare set of clothes**
  To wear after you finish the trek.

Trekking Essentials

- [ ] **Rucksack (35-40 L)**
  You will need to carry all your own gear for the duration of the trek, including your clothing, personal gear, and daily essentials. Aim to keep this as light as possible and no more than 10 kg.
- [ ] **Dry bags**
  For additional waterproofing and to separate items inside your bag.
- [ ] **Sleeping bag liner**
  Mandatory for refuge nights. Pillow and blanket or duvet provided.
- [ ] **Walking poles**
- [ ] **Water bottles / hydration bladder**
  You must be able to carry at least 2 L of water while walking.

- [ ] **Personal snacks**
  Although meals are included throughout the trek, bring your favourite high-energy snacks like energy bars, sweets, trail mix or nuts to eat on the trail.

- [ ] **Headtorch with spare batteries**
  Essential for dorm rooms, night-time toilet trips, power cuts and early starts.

Personal Care

- [ ] **Sun cream (at least SPF 30)**
  SPF 50 recommended.

- [ ] **SPF lip balm (SPF 50)**

- [ ] **Insect repellent**

- [ ] **Toiletries**
  Toothbrush, toothpaste and soap.

- [ ] **Small quick-drying towel**
  Microfibre or similar.

- [ ] **Tissues / toilet paper**

- [ ] **Hand sanitiser**

- [ ] **Moisturiser**
  Useful for dry skin caused by wind and sun exposure.

- [ ] **Glasses / contact lenses (if needed)**
  We advise bringing both glasses and contact lenses. Daily disposable lenses are recommended over monthlies.

- [ ] **Menstrual hygiene products**
  It's best to be prepared, even if you're not expecting your period. Applicator tampons or pads are best.

- [ ] **Small rubbish bags / resealable bags**
  For used tissues, wipes and personal hygiene products.

Important Items

- [ ] **Passport**
  Must be valid for the duration of your stay.

- [ ] **European Health Insurance Card**
  If applicable to you. This is not a substitute for travel insurance.

- [ ] **Copies of your passport and travel insurance**
  Bring printed copies and keep digital copies accessible offline.

- [ ] **Cash and bank card**
  For tips, drinks, snacks, showers or small refuge purchases where cards may not be accepted, optional activities and emergencies.

Optional Items

- [ ] **Earplugs and eye mask**
  Strongly recommended for dorm rooms in the refuges.

- [ ] **Universal travel adaptor, power bank and charging cable(s)**
  Italy uses Type C, F and L plugs. Charging facilities in mountain refuges may be limited, so a power bank is recommended.

- [ ] **Camera**

- [ ] **Kindle / book, notebook and pen**

- [ ] **Rain cover for your rucksack**

Med Kit List

It's essential that you bring your own basic first aid kit. Below are the key items you'll need:

Essential:

- ☐ **Current medications**
  Bring a good supply of any tablets, creams, or inhalers you currently take or think you may need.
- ☐ **Paracetamol and ibuprofen**
- ☐ **Rehydration salts / electrolytes**
- ☐ **Blister kit and plasters**
  Compeed (blister plasters), standard plasters, KT tape and a small pair of scissors.
- ☐ **Throat lozenges**
  Useful in dry or cold conditions.

Optional:

- ☐ **Antihistamine cream and tablets**
  Useful for allergies, bites or skin irritation.
- ☐ **Nasal spray / decongestant (e.g. Sudafed)**
- ☐ **Diarrhoea relief tablets (Loperamide)**
- ☐ **Buscopan**
- ☐ **Laxatives**
- ☐ **Medicated cream**
  For example, hydrocortisone, antifungal cream or cold sore cream, if you normally use them.

If you have any questions or concerns, just get in touch - we're happy to help!