

## DOLOMITES EQUIPMENT LIST

*\*links below show examples*

### EQUIPMENT

- DAY PACK ([35 LITERS](#) minimum ~ must fit all items on list comfortably)
- [SLEEPING BAG LINER](#) (Can be a double sheet & also can be purchased in Arco)
- TREKKING POLES ([3 piece collapsible](#))
- HEADLAMP (w/extra batteries)
- 2 WATER BOTTLES (Your choice, 2 LITER carrying capacity)
- LIGHTWEIGHT TOILET ARTICLES (shampoo, soap ~ things like toothpaste can be shared)
- SMALL TOWEL
- SUNSCREEN & LIPSCREEN
- SM FIRST AID KIT (including blister kit, bandages, Benadryl, IBU etc)
- CLIMBING HARNESS, SHOES AND HELMET IF YOU HAVE



### CLOTHING

- WARM COAT
- RAINPROOF JACKET & PANTS
- FLEECE LAYER
- HIKING SHOES ***\*Important!*** Hightop/leather recommended for ***alpine snow fields*** (example [HERE](#))
- 2-3 PAIR HIKING SOCKS
- 1 OR 2 LONG SLEEVE CAPILENE-STYLE SHIRTS
- 1 CAPILENE BOTTOMS
- 2 TREKKING SHIRTS (non-cotton is best)
- [TREKKING PANTS](#)
- 2 PR SHORTS
- SUN HAT
- WARM HAT
- GLOVES
- [LEATHER GLOVES FOR VIA FERRATA](#) (can also be [hardware style work gloves](#))
- SUNGLASSES (2)
- BANDANA
- [EAR PLUGS](#) (huts can be noisy!!!!!!)

### MISC. ITEMS:

- READING MATERIAL
- [EU ADAPTERS](#) FOR CHARGING

### NOTES:

- ***Hiking boots must be taken seriously!*** Feel free to inquire with Kim or Pete with questions
- Showers are available in huts for a small cost during evening hours
- Everyone will carry harness, helmet & via ferrata set (looks like [THIS](#) - included in trip cost)