

American Alpine Institute

TREK THE ALPS EQUIPMENT LIST
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CLOTHING

Lightweight sandals/flipflops

2 Pairs socks, 1 heavy wool, 1 light

1 Pair lightweight waterproof pants

1 Waterproof/windproof jacket with hood

1 Lightweight warm underlayer

1 Extra long sleeve shirt

1 Tank top or light T-shirt

1 Fleece jacket

1 Softshell or nylon (medium thickness) hiking pant

2 Pairs of underwear

1 Pair of hiking shorts

2 Pair fleece gloves

MISC OUTDOOR GEAR

Iodine water tablets or other form of water purification, like Aqua Mira

2 One-plus liter water bottles (2 velcro water bottle holders are recommended but not required)

2 Large plastic garbage bags

Knife/fork/spoon

1 Small flashlight or headlamp with extra set of batteries

1 Small pocket knife

Whistle

Matches in waterproof container

Compass

Sunglasses

Camera with batteries

PERSONAL ITEMS AND TOILETRIES

1 Compact quick dry towel

1 Bar of soap in a baggie

Lotion

3-4 disposable razors (optional)

Fingernail clippers/file

Vitamin C tablets or Gatorade mix to flavor water if needed

Basic personal first aid kit, with extra ibuprofen!

10-15 baggies (resealable)

4 Energy bars and 2 gels (emergency food)

Small package of baby wipes

Toothbrush with 2 travel-sized toothpastes

Small travel deoderant

Earplugs for light sleepers

Personal prescription medication

Small pad of paper or journal and pen

Spending money in Euro's and Swiss Franks (mostly franks) - this needs to be ordered about one week before or exchanged at the airport.

Passport