

CHECKLIST

Essential kit for your hike



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active

Hiking clothes

- Hiking boots
- Hiking shirt
- Raincoat
- Hiking pants
- Hiking socks
- Headgear

Day hikes

- Hiking map/route planner
- Drink (approx. one liter of water per person)
- First-aid kit
- Bandages
- Plasters
- Space blanket
- Compresses
- Gloves
- Pocket knife
- Food supplies (e.g. sandwiches, fruit, glucose tablets, etc.)
- Bag(s) (for your trash or for collecting mushrooms and berries)
- 2SKIN
- Suncream
- Hiking backpack
- Handkerchiefs
- Tick/insect repellent

Hikes lasting several days

- Hiking map/route planner
- Drinks
- First-aid kit
- Bandages
- Plasters
- Space blanket
- Compresses
- Gloves
- Pocket knife
- Food
- Bag(s) (for dirty washing and trash)
- 2SKIN
- Suncream
- Hiking backpack
- Second pair of shoes
- Soap
- Toothbrush
- Camping mat
- Plates
- Cups
- Handkerchiefs
- Tick/insect repellent
- Change of clothes (min. 3 outfits)
- Towel
- Toothpaste
- Tent
- Sleeping bag
- Cutlery
- Dishcloth/dishtowel
- Travel medicine kit
- Diarrhea medication
- Other medication required
- Headache medication
- Lighter
- Torch
- Passport
- Camping stove
- Cash