

PACKLIST

DAY TOUR HIKING

	✓ Gear	Weight (Average)
WHAT TO WEAR	Ankle high hiking boots with good grip	x
	Functional hiking pants	x
	Functional hiking pants	x
	Functional jacket or vest	x
	Backpack	1,55 kg
ESSENTIAL	Extra short-sleeve shirt	150 g
	Extra short-sleeve shirt	900 g
	Water- and windproof pants	300 g
	Hat or headband	60 g
	Cap or buff	70 g
	Liner gloves	70 g
	Sunscreen, lip balm (UPF 30)	60 g
	Sunglasses	30 g
	Drinking bottle or bladder with at least 1l capacity (depending on tour)	1190 g
	Electrolyte and magnesium tabs (capsules)	150 g
	First Aid Kit S or M (incl. blister pads and personal medication)	150 g
	ID, cash, credit card, plastic bag	40 g
	Small torch or headlamp	80 g
	Mobile phone with emergency numbers	130 g
	Approximate weight "Essential" (incl. backpack)	3,4 kg
RECOMMENDED	Nuts, dried fruit, bars as required	200 g
	Functional shorts	220 g
	Swiss army knife	60 g
	Trekking poles	460 g
		Approximate weight "Recommended"
WITHOUT MOUNTAIN GUIDE	Maps	80 g
	Guide book	210 g
	Compass	80 g
	OR GPS device	220 g
		Approximate weight "without mountain guide"
	Approximate (Overall Weight)	6,48 kg
OPTIONAL	APPROXIMATE (Overall Weight)	x
	Pullover / fleece	x
	Camera and camera bag	x

Dear Outdoor Enthusiasts,

As a general rule for any trip remember to pack as light as possible – pack just what you need and leave the rest behind.

Experience is everything. To help you eliminate unnecessary weight and size, we have joined with professional mountain guides (German Mountain Guide Association) to produce this checklist. Please note that all weight specifications are approximate values. Often, the better the quality of the equipment the lighter it is.

Have a great adventure.

IMPORTANT:
Keep heavy things close to the body!

