

✓ EQUIPMENT CHECK LIST - SUMMER

Never underestimate the extremes of the mountain weather. Check the weather forecast before you go and plan and equip accordingly. Keep your backpack as light as possible without leaving out the essentials.

- **Backpack/rucksack:** 30-45l. It is better for the rucksack to stay half empty than to be too small and you have to leave items out or cut down on the water carried. Water is at a premium on the mountain. It has to be carried up by horses or helicopter and is therefore quite expensive. Start with 1,5l of water.
 - **Hat and gloves:** rain can become snow even in the summer months.
 - **Boots:** Mountaineering boots need to be higher and a bit stiffer than normal walking or running shoes. The extra height and stiffness of mountaineering boots help to support the climber in steep terrain where flexible boots could cause unsure footing.
 - **Jacket:** water resistant jacket with the hood, Gore-tex or similar
 - **Pants:** wind resistant softshell. Normally Gore-tex pants are not needed
 - **Base layer:** long sleeve top (good to have 2), long bottom (in case of cold weather)
 - **Underwear:** two sets at least (one on, one spare). Cotton is ok, quick dry is better.
 - **Socks:** cotton ok, special socks for boots with anti sweat system are better.
 - **Light top:** light polartec or similar material
 - **Warm top:** midweight polartec or similar material.
 - **Sun cream sun hat and sunglasses:** take all of them. A high factor cream is a must. The skin burns much quicker at higher altitude and the cool air can disguise the degree of damage until it is too late. The glare from sun on white limestone can be intense. A good pair of sunglasses with UHV helps a lot.
 - **Cash:** you will need this for your overnight accommodation at the huts. Around 50€/day.
 - **Emergency rations:** it is sensible to pack some high-energy bars and chocolate and nuts for emergency use. Water is essential and should carry water at all times.
 - **Torch and batteries:** useful if you are out after dark and for distress signalling but also a boon after lights-out in the hut.
 - **First Aid Kit:** take extra blister plasters, antiseptic cream, aspirines and your own prescribed medicines in case you need them.
 - **Plastic bags:** will keep the contents of your bag dry in the event of rain.
 - **Identity card / Passport:** required to check into huts.
 - **Map/s:** paths in the mountains are very well marked; usually with direction signs. However it is strongly recommended that you use one of the maps listed below: TRIGLAV (1:25000), TRIGLAVSKI NARODNI PARK (1:50000), JULIJSKE ALPE (1:50000). Published by PZS and Sidarta and can be bought in outdoor shops or information centres.
 - **Hiking poles:** if you normally use them.
 - **Climbing helmet:** these mountains are very busy and there is a danger that you could sustain head injuries from falling stones.
 - **Self belaying system and harness:** are necessary for the summit via ferrata.
- Additional equipment:**
- **Compass:** this does not have to be sophisticated but is extremely useful for orientating you map quickly.
 - **Sleeping bag liners:** huts have beds, sheets and blankets, using them you are protecting the environment, because you don't need the single use sheets.
 - **Mobile phone:** in case of an emergency dial 112, tell them your name and address, what happened and where you are.
 - **Camera:** you will regret it if you don't take one!