



# TRAIL FIT CLUB

## Gear and hut info for tours

### Summer multi-day hut tour packing list

- Waterproof hiking boots with ankle support and good profile
- Rucksack (35l)
- Waterproofs (Jacket and trousers)
- One pair of long hiking trousers/ zip-off trousers
- 2 pairs hiking socks
- 1 Long sleeved shirt/ T-shirt (synthetic or merino wool/ quick-drying)
- 1-2 T-shirts (synthetic or merino wool/ quick-drying)
- Fleece, extra warm layer or soft shell jacket
- Underwear
- Gloves and hat
- Sun protection (Sunglasses, sunhat, sun cream, lip salve)
- A hard-wearing drinking bottle/ thermos/ hydration pack (2l)
- Headlamp/ torch
- First aid set and personal medication
- Hiking poles (optional)
- Mobile phone and charger
- Hut sleeping bag (sleeping bag liner)
- Wash kit and small towel
- Hut shoes/ slippers
- Snacks
- Personal insurance details (please ensure that your insurance covers you for alpine activities- if you need advice in this area- get in touch!)



### Alpine Hut Accommodation – What to expect!

During our hut tours we stay in Alpine huts in fairly remote locations. Usually there are a few smaller rooms and some larger shared dormitories.

All rooms are comfortable but basic- warm blankets and pillows are provided- it is a requirement to bring your own sleeping bag liner.

Where possible we try and organise private rooms for our groups (often 4-8 bed rooms) - during high season this is not always possible and sometimes we are in larger dormitories.

Water and electricity at these altitudes is also limited. A few huts will however have hot showers available for a small charge.



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