

Individual equipment for Dolomites Traverse

This equipment list has been tried out many times through out the years doing the same activities. Take in consideration that if it is your first experience you will tend to take more things than you need. What we have written is more than enough!

- Backpack with a capacity of 50/60 liters max.
- Sheet sleeping bag
- Lightweight or mid-weight, waterproofed, sturdy hiking boots.
- Sandals for rifugio (optional)
- 2/3 pairs of light weight hiking socks
- Long and short underwear
- 1 Long sleeved synthetic or cotton/synthetic T-shirt
- 1 Short sleeved synthetic or cotton/synthetic T-shirt
- 1 synthetic or cotton/synthetic sleeveless shirt
- 1 heavy weight fleece jacket or sweater
- 1 light/medium weight fleece jacket or sweater
- Gore-Tex rain/wind jacket and pants
- Poncho (optional)
- 1 pair of hiking shorts & pants
- Baseball cap or sun hat with wide brim
- Bandanna
- Wind breaker light/medium gloves
- Sun glasses with uv filter
- Sun screen lotion and lipstick of SPF 15 or higher
- Head torch with batteries
- Swiss army knife
- Hiking sticks (optional)
- Water bottle
- Personal first-aid kit
- Toiletry kit – tooth brush and so on
- Small amount of laundry detergent in case you decide to hand wash some clothes
- Plastic bags of various sizes for keeping things sorted out in your duffel. Zip lock bags work well.
- Repair kit with needle, thread and safety pins (optional)
- Photo camera