

## Hiking in the Dolomites

### Individual equipment for vie ferrate

- ❑ Via ferrata kit: harness, 1.8 mt rope, 7 mm. thick; 2 carabiners, energy dissipator\*, helmet
  - ❑ Backpack with a capacity of 50 liters min.
  - ❑ Lightweight or mid-weight, waterproofed, hiking boots.
  - ❑ Comfortable walking/running shoes for those days when you are not hiking.
  - ❑ gloves, sun hat, cap, sunglasses, sunscreen.
  - ❑ Fleece pants and wind/water proof pants
  - ❑ Fleece racket or sweater / cotton sweat-shirt
  - ❑ Socks
  - ❑ Long sleeved and short sleeved synthetic/cotton t-shirts
  - ❑ Gore-Tex rain/wind jacket and pants
  - ❑ Warm underwear, light dressing for the mountain lodge (sweatshirt and pants)
  - ❑ Toiletries (few), towel
  - ❑ Sleeping-sheet bag (it's a sheet shaped as a sleeping bag, recommended in the refuges)
  - ❑ Water bottle or thermos
  - ❑ Head torch with batteries
  - ❑ Personal first aid kit
  - ❑ Toiletry kit – tooth brush and so on
  - ❑ Plastic bags of various sizes for keeping things sorted out in your bag. Zip lock bags work well.
  - ❑ Repair kit with needle, thread and safety pins( optional)
  - ❑ Photo camera
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- You can find more information on what is an energy dissipator ir: [www.kong.it/doc408.htm](http://www.kong.it/doc408.htm)
  - The via ferrata equipment can be rented in the Dolomites (approx. €10 per day)