

Blanchard, Paul

To: bernardine

List of gear for Alpine trekking (head-to-toe plus accessories)

wool or fleece hat
peaked cap
sun-glasses
sun-block
wool or fleece scarf
cotton bandana
polypro t-shirt(s)
long-sleeved quick dry buttoned shirt(s)
mid or light weight fleece (zipper vented)
gortex jacket
down vest
ski-gloves/mitts
light-weight long under shorts
under shorts
quick-dry long and short pants
rain pants
light or mid weight hiking socks (I also recommend very light sock to wear inside the outer hiking sock to avoid blisters)
well used, good quality hiking boots
hiking poles
running shoes
head light
one liter plastic water bottle (Nalgene brand is good quality)
toilet kit including ear plugs
back-pack 35-45L capacity, used to carry you things into backcountry and also used as a day pack for day hikes.

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