Dolomites AV-2/AV-4 Gear List

LUGGAGE & PACKING AIDS

- ☐ Backpack & Raincover
- ☐ Ultralight Summit Pack
- ☐ Packing Cubes / Stuff Sacks

BASIC TRIP GEAR

- ☐ Mobile Phone with GPS
- ☐ Whistle
- ☐ Sun Glasses
- ☐ Headlamp & Extra Batteries
- ☐ Emergency Toilet Paper
- ☐ Hand Sanitizer
- ☐ Sun Lotion & Lip Balm
- ☐ Pee Cloth (for women)
- ☐ Camera & Accessories
- ☐ Sitting Pad
- ☐ Water Bladder & Hose
- ☐ Water Bottle (1L)
- ☐ Trail Meds (Advil/Aleve/etc)
- ☐ Contacts / Eye Glasses
- ☐ Personal Medications

HUT GEAR

- ☐ Sleeping Sack
- ☐ Hut Shoes & Socks
- ☐ Hut Pants & Shirt
- ☐ Ear Plugs & Eye Mask
- ☐ Hygiene Kit
- ☐ Hand & Bath Towel
- ☐ Shower Soap & Shampoo

FOOTWEAR & TRANSIT GEAR

- ☐ Trail Shoes/Boots
- ☐ Microspikes (early season only)
- ☐ Trekking Poles

TRAIL FOOD & DRINK

- ☐ Snack Food
- ☐ Energy Bars
- ☐ Recovery Drink
- ☐ Electrolyte Mixes

BASIC TRIP CLOTHING (wash enroute)

- ☐ Underwear (briefs/boxers/bras)
- ☐ Short-Sleeve Shirts
- ☐ Long-Sleeve Shirt or Jersey
- ☐ Convertible Pants
- ☐ Fleece or Softshell Jacket
- ☐ Lightweight Puffy Coat
- ☐ Ultralight Windbreaker
- ☐ Rain Parka & Pants & Mittens
- ☐ Sun Hat & Neck Cape
- ☐ Tuque/Beanie & Buff
- ☐ Hiking Gloves
- ☐ Hiking Socks

VIA FERRATA GEAR

- ☐ Helmet
- ☐ Harness
- ☐ Lanyards & Carabiners
- ☐ Climbing Gloves

TRAVEL ITEMS

- ☐ Passport
- ☐ Debit Card w/no foreign fees
- ☐ Credit Card w/no foreign fees
- ☐ Permits & Confirmations
- ☐ Phone Recharger & Cable
- ☐ Power Adapter / USB Plug
- ☐ Headphones / Earbuds
- ☐ Journal & Pens
- ☐ Laundry Pods & Dryer Sheets

BASIC GROUP GEAR

- ☐ Route Maps (paper/digital)
- ☐ Route Beta (paper/digital)
- ☐ Satellite Texter & Cable
- ☐ Water Filter
- ☐ First-Aid / Repair Kit
- ☐ _____
- ☐ _____
- ☐ _____