

Backpack and hiking

- 60–70 L backpack
- trekking poles
- shoes (we've come to prefer trail running shoes)

Food and Drink

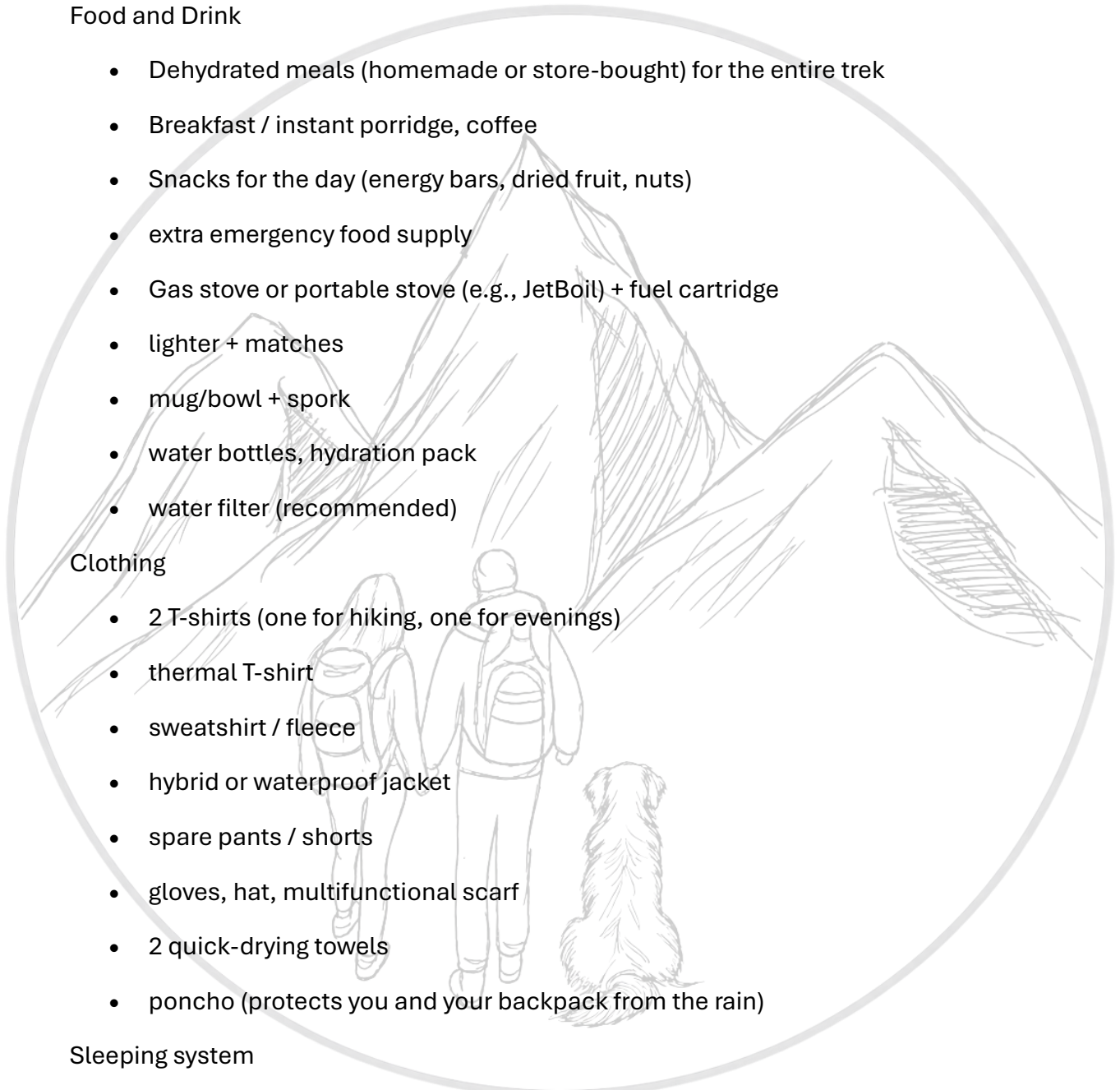
- Dehydrated meals (homemade or store-bought) for the entire trek
- Breakfast / instant porridge, coffee
- Snacks for the day (energy bars, dried fruit, nuts)
- extra emergency food supply
- Gas stove or portable stove (e.g., JetBoil) + fuel cartridge
- lighter + matches
- mug/bowl + spork
- water bottles, hydration pack
- water filter (recommended)

Clothing

- 2 T-shirts (one for hiking, one for evenings)
- thermal T-shirt
- sweatshirt / fleece
- hybrid or waterproof jacket
- spare pants / shorts
- gloves, hat, multifunctional scarf
- 2 quick-drying towels
- poncho (protects you and your backpack from the rain)

Sleeping system

- tarp or tent + stakes + guy line (don't forget!)
- sleeping pad + Tyvek (roof insulation)
- sleeping bag (better to choose one that's warmer than you expect)
- inflatable pillow



Safety and Navigation

- offline maps / navigation
- printed map
- power bank + cable
- headlamp
- first aid - plasters, painkillers, antihistamine pills and basic medical supplies
- emergency blanket / bivouac
- toilet tissue, hand sanitiser

Dog gear

- hiking harness
- Running belt/harness for technical sections
- Leash with shock absorber
- blanket / sleeping pad (or towel + sleeping next to you)
- paw wax
- folding bowl
- Food for the entire trek + extra
- raincoat for the dog

