

# PALARONDA TREK

## What should I put in my Backpack?

To head out the adventure of Palaronda Trek you will surely need the right equipment: here you can find a check-list, that will help you to pack your trek-bag with everything you will need, and to forget nothing.

If you missed something, don't forget to buy or rent it before leaving: the outdoor experience of a trekking must not be underestimate, and it's very important to be well prepared!

- Trekking boots or Trekking shoes, possibly Gore-Tex and tested. Undamaged shoestring.
- Strong and snug Trekking backpack
- Fleece Wind-stopper jacket and light Wind-stopper trousers
- T-shirts, underwear and socks
- Lightweight long trekking trousers
- Heavy fleece jacket or pullover
- Sun hat, warm beanie and lightweight thermal gloves
- Towel, sleeping bag liners
- Basic First Aid Kit, blister patches
- Water bottle or Thermos
- Head lamp and pocketknife
- Information material and map
- Telescopic trekking poles (optional)
- Sunscreen, photcamera

