



Packing list for a day hike

Equipment

- Cap
- Sunglasses/sunscreen
- Rain cover
- Rain cover for backpack
- Hiking poles
- Change of clothes if required
- Seat pad
- Emergency kit

Food and drink

- Drink
- Power snack
- Sandwiches

Personal things

- Purse
- Documents
- Mobile phone

Please note: There is no packing list par excellence that is suitable for every tour. The contents of your rucksack must be adapted according to the hike and your personal needs. Hiking guide Franz puts it in a nutshell: "As much as necessary, as little as possible BUT: Better a little more than a little too little."