

## Equipment and packing list «Hiking and trekking / Summer»

One or several days | Valid from: 8 October 2026

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| <p><u>Essential equipment for every day tour</u></p> <ul style="list-style-type: none"> <li>- Good hiking boots or sturdy trekking boots with grippy treaded soles</li> <li>- Optional: walking poles</li> <li>- Daypack</li> <li>- Windproof / waterproof jacket with hood</li> <li>- Hiking / trekking trousers</li> <li>- Warm clothing (layering system)</li> <li>- Gloves (lightweight / warm, depending on the tour)</li> <li>- Sun hat / warm hat / headband</li> <li>- Pocket knife</li> <li>- Water bottle / flask with a drink</li> <li>- Snacks</li> <li>- Good-quality sunglasses</li> <li>- Sunscreen / lip protection</li> <li>- Charged mobile phone, optional power bank</li> <li>- Head torch with spare batteries or a charged rechargeable battery</li> <li>- Compact first-aid kit</li> <li>- Optional: waterproof trousers</li> <li>- Optional: small umbrella</li> <li>- Optional: blister plasters</li> <li>- Personal medication, if needed</li> <li>- Optional: camera</li> <li>- Swiss Half Fare Travelcard / SAC membership card / Magic Pass, if you have one</li> <li>- Money for personal expenses → <i>Cash (especially for mountain hut visits and similar stops)</i></li> <li>- Waterproof bags for spare clothing and sensitive equipment</li> </ul> | <p><u>Luggage for overnight stays at Gemmi Lodge</u></p> <ul style="list-style-type: none"> <li>- Spare clothing</li> <li>- Toiletries</li> <li>- Optional: earplugs</li> </ul> <p><i>Snacks are available at Gemmi Lodge. Overnight luggage stays at the lodge; only your daypack comes on the tour.</i></p> <p><u>Extra items for hut stays and treks</u></p> <ul style="list-style-type: none"> <li>- Backpack for all your equipment</li> <li>- Spare clothing</li> <li>- Toiletries</li> <li>- Optional: earplugs</li> <li>- Hut sleeping bag liner / silk liner</li> </ul> <p><i>You carry all your equipment. Check in advance whether snacks can be bought at the huts.</i></p> <p><u>General advice:</u> pack light, 4 to 6 kg including snacks &amp; drinks</p> <p><u>Alpine conditions</u><br/> <i>Gemmi has alpine conditions with rapidly changing weather in every season. Adapt your equipment accordingly.</i></p> <p><i>Also follow the equipment advice in the description and the information for your booked tour.</i></p> <p>Rental equipment and prices: <a href="#">here</a></p> |
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