

piemont-trekking

Berge - Wildnis - Abenteuer

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important informations for your trip in the Italian Alps

Please note the following:

- very often there is no cellphone reception
- no sanitary facilities, not even at the huts
- no guaranteed room in the often very small shelters which cannot be reserved (it may be possible that we have to sleep outside or on the floor)

equipment – please do not forget the following things

- backpack – recommended volume 50 liters or more
- windproof, waterproof and warm clothing
- raincover for the backpack
- good and stable hiking boots (absolutely no trainers or sneakers)
- good sleeping bag (should stand temperatures about 0 degrees celsius)
- insulating underlay (there are often no mattresses in the huts and we will have to sleep on the beer floor)
- sports bottle (one litre may be enough, all the rivers and lakes will supply us with best drinking water)
- torch
- plate (or bowl deep enough for cereal and soup), cutlery, drinking cup
- some toilet paper and handkerchiefs
- toothbrush and toothpaste
- some soap and a small towel
- suncream
- small first-aid box (with space blanket, plasters and medicines as required – please note that by rights I will not be able to supply you with medicines, not even light analgetics)
- a lot of sunshine (thats the most important thing!)

I will take care for the food supply. Please leave some room in your backpack for your individual portion and do not hesitate to announce special wishes (for example vegetarian).

Thanks a lot and see you soon in the wilderness of the Italian Alps!