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**OnTop Ltd -**

We offer trips/courses in mountaineering, hiking, rock and ice climbing and ski touring in Europe, Canada and the U.S.



340 Canyon Close – Canmore, AB, T1W 1H4 – Canada  
**Toll free: 1 800 506 7177**

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## **EQUIPMENT LIST: MULTIDAY HUT TREK (No ferratas)**

### **1. Technical Equipment**

- Sturdy, waterproof leather trekking / hiking boots
- Backpack (35-45 liters)  
Some have built-in rain covers (Deuter backpacks).  
Rain covers can also be bought separately.  
Otherwise bring a big plastic (garbage) bag as an inside liner for your backpack.
- Collapsible trekking poles ( One pole is recommended)

### **2. Clothing**

We suggest using the 'layer system': Light technical clothing that doesn't take much space in your backpack and dries quickly if sweaty or wet.

Layers can be put on and taken off fast if weather conditions change during the day.

- Wind and waterproof shell jacket with hood (Gore Tex or similar)
- Wind and waterproof over pants with side zippers (Gore Tex or similar)
- Hiking or Mountaineering pants (Schoeller or tightly woven cotton fabric recommended!)
- Light-weight hiking shorts
- Fleece or heavy jacket
- Medium weight fleece sweater
- Long underwear or running tights (e.g. Capilene or polypro)
- Undershirt - preferably long sleeves (e.g. Capilene or polypro)
- Warm socks for mountaineering / hiking boots (wool/synthetic outers)
- Warm hat, covering your ears
- Pair of warm gloves (warm finger gloves sufficient)
- Gaiters (light weight and short, when traveling early or late season)
- Sun hat
- Bandana (optional)

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Any questions, please contact us:

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**email: [info@ontopmountaineering.com](mailto:info@ontopmountaineering.com)**

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### **3. Hut lodging (if included in the program)**

- Very light youth hostel sleeping bag or thin sleeping bag liner for the huts for sanitary reasons (lightest is silk, weighing less than ½ pound). Wool covers or duvets are provided by the huts
- Light hut slippers (optional). Some huts provide a limited selection of slippers.
- Very Small towel
- Alpine Club card (if you happen to be a member)
- Ear plugs (optional but very useful)

### **4. Other Items**

- Rain cover for backpack (unless already built into backpack) Otherwise bring a big plastic (garbage) bag as an inside liner for your backpack or pack everything that needs to stay dry in plastic zip-lock bags.
- Spare underwear, socks
- Toiletries
- Clothing and shoes for hotels / B&B in the evening
- Sun glasses (with good UV protection)
- Sun screen and lip protection
- Water bottle, preferably insulated, minimum volume: 1 liter or Camelback
- Light head lamp or torch (for bathroom visits at night)
- Blister kit (optional)
- Snacks (candy bars, dried fruit, sandwiches, nuts, etc.)
- Personal items (prescription medicine, extra contact lenses and maintenance equipment, extra pair of prescription glasses, etc.)
- Pocket knife or Leatherman (optional)
- Passport
- (Health) insurance documents
- Zip-lock bag for wallet and other documents to keep them dry (recommended)
- Camera, batteries (optional)
- Compass, maps and GPS optional

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