

Packing up (light) for the weekend to the alpine refuge – my backpack list

What I wear:

- 1 functional shortsleeve tee (synthetic / merino wool)
- 1 functional 3/4 long pants (synthetic / merino mixed)
- 1 merino woolen socks (never a hike without them again!)
- Approach shoes (or trail running shoes)

In the Back pack:

Clothings

- 1 functional tee (e.g. Merino or Synthetic)
- 1 skort (skirt/shorts)
- 1 leggings (or long johns. Leggings are good for running around)
- 1 merino long arm shirt (used as sleeping tee)
- 1 extra light flip flops
- 1 sleeping inlet for the beds (compulsory in Europe, unless it's a hotel!)
- Extra underwear
- 1 extra merino woolen socks

Insulation, outer protection

- Beanie
- Rain jacket
- Warm isolation jacket (Primaloft / Down)
- Bandana / Handkerchief (instead of tissue paper)
- Sunglasses
- 20 ml Sunscreen
- Lipgloss SF 50
- Crampons (if snow topped summits are registered)
- Gaitors (if you hate snow getting in your shoes all the time)
- Trekking poles
- First Aid Kit / reflective blanket / Survival Kit
- Swiss pocket knife (sharpened!)
- Lighter / Matches
- Headlamp (or mini lamp chargeable through solar/ churning)
- Fleece / Soft shell hand gloves

Toiletries

- Toothbrush
- 20g Toothpaste
- Small Handtowel (microfibre / frottee face cloth)
- Dental Floss (Sticks)
- Blister plasters (e.g. Compeed)
- Ear Plugs (forget them if you love sleepless nights)
- Medicines

Nutrition:

- Food for the day (Sandwiches, chocolates, Glucose/Dextrose sweets, cereal bars)
- 1.5 litre Water (more, if sunny, and no rest points along the way)
- Water bladder (2-3l from Source) or bottle (1l from e.g. Nalgene)

Electronics:

- Digital Compact camera (e.g. Sony RX 100 II)
- Extra Battery (original Sony)
- Smartphone
- Extra Battery (e.g. Fuel 3000mAh - loads a a smartphone 2-3x)
- Kabels
- GPS Watch (e.g. Suunto Ambit) / Device

Documents:

- Alpine Club ID (if applicable)
- Personal ID / Passport
- Health Insurance Card
- Important telephone numbers
- Trekking Map
- Cash (most alpine refuge accept only cash)

Keeping in mind to take only portions along that you really need, this pack list could weigh around **7.5 kg**, which includes 1.5 litres water.