

Kit List

All technical equipment including snowshoes will be provided and included in the price.

Essential

- Approximately 40ltr hiking rucksack with a waist strap.
- Comfortable, warm and waterproof hiking boots (higher ankles are better but they do not need to be winter specific).
- 4-5 pairs of winter thickness hiking socks or warm ski socks, ideally to mid-calf length.
- Spare warm socks for evenings.
- Underwear.
- Gaitors (these should fit just below your knees). Gaitors are made from protective fabric that fits over the top part of your boots and trousers, preventing snow from getting inside.
- 2-3 pairs of warm walking trousers, or thick fleece-lined winter leggings.
- 1 pair of waterproof over-trousers.
- 3 base-layer long-sleeved tops. Avoid cotton as it doesn't dry easily. Wool or synthetic are best.
- 2 fleeces.
- 1-2 additional warm layers that can be worn over your fleece, ideally one with a full length zip.
- Hardshell Waterproof coat. This should be quite heavy duty, thin summer waterproofs are not appropriate.
- 2 warm hats that cover your ears.
- A buff type tubular scarf for your neck.
- 2 pairs waterproof gloves or mittens (ski thickness).
- Sunglasses. Ideally these would sit close to your eyes and wrap-around. Active style sunglasses from Decathlon are ideal.
- Sun cream. I recommend factor 30 or above.
- 1 litre water bottle.
- 1 litre flask with cup.
- Long-handled spoon or spork.
- Head-torch.
- Small personal medical kit with plasters, blister plasters, paracetamol, ibuprofen and any personal medication.
- Roll top stuff sacks to keep your kit divided.
- Rucksack liner to keep your kit dry.
- Personal wash kit.
- Small Pack towel.
- Walking poles. Walking poles are essential but if you do not have your own you are welcome to borrow some of ours.
- Lightweight sleeping bag liner. In the mountain huts you will be provided with warm blankets, but you will need your own liner to use under them, as bed linen is not provided. This must be either silk, cotton or similar. Actual sleeping bags are not allowed for hut use.

Optional

- Reusable hand warmers
- Hut slippers. These should be packable and lightweight. Huts usually have slippers for guests to borrow, however they are often very light and simple so you may choose to bring your own
- Swimming costume. If conditions allow there may be an opportunity for a cold water dip in Bohinj lake during our Rest and Relaxation time.
- Clothes for travel and our final 2 days.
- Camera. Phone cameras are fine but you may not be able to charge them at the huts.

You will be able to leave your main luggage with any kit you don't wish to take on the multi-day journey in Hotel Jelka. We will then collect it from the hotel on our way down to Hotel Bohinj.

We will be carrying our 40ltr rucksacks throughout the trip, so they should be comfortable and large enough to hold all the essential kit. In winter it is essential that all of your kit, including water bottles fit inside your rucksack.