



"THERE'S NO SUCH THING AS A BAD WEATHER, ONLY INAPPROPRIATE CLOTHING" RANULPH FIENNES

ALTA VIA 1 TREK KIT LIST

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Expect the unexpected on this trip. While we would love to guarantee warm, sunny weather for the Alta Via 1 trek, we can't. Weather can change quickly and you can go from warm and dry, to wet and cold in a matter of hours so being prepared is critical. Make sure you've got plenty of layers and we strongly advise that those layers are high quality. That said, you've got to find a balance between being prepared and not carrying too much weight. You spend anywhere from 5-10 hours on your feet a day with some serious altitude gains so you will thank yourself for not overpacking on this trip.

Below is a list of our recommended kit for your trip. As always, if you have any questions or concerns then drop us a message.

KEY CLOTHING ITEMS

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The graphic is a dark blue/black rectangle with white and orange text. At the top, 'ALTA VIA 1 TREK KIT LIST' is written in large, bold letters, with 'ALTA VIA 1' in orange and 'TREK KIT LIST' in white. Below this, the items are organized into several categories, each with a white header and a list of items in white text. The categories are: TOPS, BOTTOMS, FOOTWEAR, HEAD GEAR, HAND GEAR, EARLY SEASON, and ACCESSORIES / OTHER.

- TOPS**
 - Waterproof jacket
 - Down jacket
 - Fleece
 - Thermal top
 - Trekking t-shirts x 1
 - T-shirts for the refuges
- BOTTOMS**
 - Hiking shorts x 1
 - Walking trousers x 1
 - Waterproof trousers
 - Thermal bottoms
- FOOTWEAR**
 - Boots
 - Socks x 4-5
 - Flip flops (Optional)
- HEAD GEAR**
 - Warm hat
 - Sun hat
 - Buff
 - Sunglasses
 - Head torch
 - Suncream
 - Lip salve
- HAND GEAR**
 - Thin gloves
- EARLY SEASON**

If there is snow on the trail then the following items might be required. We will inform you if this is required.

 - Micro Spikes
 - Gaiters
- ACCESSORIES / OTHER**
 - 30-35L backpack
 - Rucksack rain Cover
 - Trekking poles
 - Water bottle (1.5-2L)
 - Snacks (Nuts, bars, chocolate)
 - Sleeping bag liner
 - Travel Towel
 - Toiletries
 - Small first aid kit (Blister plasters a must)
 - Phone charger
 - Pen knife
 - Ziplock bags (Keep things dry)
 - External battery charger

HARDSHELL WATERPROOF JACKET

A hardshell jacket is one of your key pieces of kit. Make sure it's big enough to wear over multiple layers and that it comes with a hood. You'll use this if the weather becomes a little wild and you need protection from wind and snow. Something like: The 'Hodr', 'Grim' or 'Odin' Jottnar hardshell jacket.

DOWN JACKET

A synthetic down jacket comes in handy when an extra layer of warmth is required, which can also be removed easily when too warm. You will also use it for wearing in the evenings at the huts or popping outside for a view of the night sky. Something like: The 'Asger' or 'Floyen' jackets from Jottnar are ideal.

FLEECE / MID LAYER

There are a few options here depending on your preferences but this needs to be either a warm fleece or a thicker base layer item. This is one of your key insulating layers so something comfortable and technical is recommended. Something like: The 'Erling' or 'Heimdall' from Jottnar.

THERMAL TOP

You'll wear this everyday as your first layer so it's worth bringing a minimum of two (so you always have a dry one to wear). We recommend moisture wicking material as you will work up a sweat on the uphill but you want that moisture to disappear so it doesn't freeze when you stop at the top. Something Like: The 'Ove' or 'Mar' by Jottnar but ideally long-sleeve.

THERMAL TOP

Trekking T-Shirts / Tops are what you're likely to spend the majority of your time in. The Alta Via 1 Trek is often completed in the summer so days can get very hot. A couple of high wicking options are best here.

HIKING SHORTS / TROUSERS

Don't underestimate a good set of hiking shorts / trousers. You're looking for something that's going to get rid of sweat and not chafe, while provide you with good pocket options for on the go items like snacks and maps. Something like: The Patagonia Quandary Shorts

WATERPROOF TROUSERS

Hopefully you won't need them but for when you do, you'll be grateful. It's simple, get a pair of trousers that keep the water out. Something like: Torrentshell 3L pants by Patagonia

BOOTS

We recommend a good pair of hiking boots with ankle support for this trip although it can also be done in trail shoes. With trail shoes you run the risk of potentially going over on your ankle which often means 'game over' for your Alta Via 1 Trek experience. What ever you go for make sure you've worn them in properly. Beware of the blister... Something Like: The Salomon X Ultra or Quest.

FLIPPLOPS (REFUGE FOOTWEAR)

A hot topic for the Alta Via 1 Trek. Most of the refuges you stay in require you to leave your shoes at the door in exchange for a chunky pair of crocs to wear inside. If you're trying to pack light then don't worry about refuge footwear but if you want your own set up then find yourself a light pair. Please note if staying in a hotel footwear will not be provided.

3 HATS / FACE COVERINGS

1 sun cap, 1 warm hat that covers your ears and 1 buff. The idea should be that if needed, you can cover every part of of your face in bad weather and also keep yourself protected from the sun

EYEWEAR

We recommend carrying Cat. 3 sunglasses that offer 100% UV protection, such as VALLON Heron Mountain, or Waylons sunglasses.

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BACKPACK

We recommend a backpack between 30-35 litres pack but it all depends on how you like to pack and what you like to bring. It should be large enough to carry all your equipment but light enough to keep the weight down. The backpack should have a waist strap and ideally come with a rain cover for those soggy days. Something like: The Talon or the Tempest from Osprey

TREKKING POLES

Trekking poles are not essential but are strongly advised. They help remove some of the weight from you knees and leg muscles on the up but also help with stabilisation while carrying a big backpack. Ideally look for poles that collapse as you can then store them easily and securely in, or on your pack. Something like: Black Diamond Distance Trekking Poles

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