

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

SUMMER TRIGLAV KIT LIST

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Expect the unexpected on this trip. While we would love to guarantee warm, sunny weather for the Triglav climb, the weather doesn't always play ball. In the mountains, weather can change quickly and you can go from warm and dry, to wet and cold in a matter of minutes 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 can spend anywhere from 3-8 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.

You can find more detailed information below and what that looks like on the trip page. As always, if you have any questions or concerns then drop us a message.

KEY CLOTHING ITEMS

SUMMARY:

- **Waterproof rain jacket (GORE-TEX or similar)**
- **Waterproof pants (GORE-TEX or similar)**
- **Light-weight down or synthetic warm jacket**
- **Mid layer (fleece or similar)**
- **Base layer long sleeve top**
- **Base layer short sleeve T-Shirt**
- **Cotton T-Shirt**
- **Trekking pants**
- **Trekking shorts**
- **Warm hat**
- **Sun hat**
- **Sunglasses**
- **Sunscreen**

- Lip balm
- Gloves
- Trekking socks (merino is best)
- Hiking or trail shoes
- Blister plasters
- Collapsible trekking poles
- Sleeping bag liner
- Water bottles
- Daypack Rucksack (20-30 litres)
- Toiletries
- Wet wipes / Toilet paper
- Earplugs
- Headlamp plus spare batteries
- First aid kit and relevant medication
- Copy of passport
- Copy of insurance policy
- Travel clothes
- Travel towel
- Cash to buy local products
- Antibacterial hand wash

TOPS

- Waterproof rain jacket (GORE-TEX or similar)

A rain jacket of Gore-Tex, or similar standard, is one of your key pieces of kit. Make sure it's big enough to put 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 rain. Something like: The 'Hodr', 'Grim' or 'Odin' Jottnar hardshell jacket.

- **Down or Synthetic warm jacket**

A light-weight warm jacket is essential for staying comfortable in cold alpine conditions. Whether you choose down or synthetic insulation, make sure it provides excellent warmth without being too bulky. Look for a jacket that fits comfortably over your layers and includes a hood for added warmth. Something like: The 'Thorsen' Jottnar Lightweight Down Jacket.

- **Mid layer (fleece or similar)**

There are a few options here depending on your preferences but this layer needs to be a warm fleece, a soft-shell or a light down jacket. This is one of your key insulating layers so something comfortable and technical is recommended. Something like: The 'Asger' or 'Floyen' jackets from Jottnar are ideal.

- **Base layer tops long sleeve and short sleeve**

One long and one short sleeve lightweight mid layer are recommended as they will be the second piece of your layering system. Something like: The 'Svend' or 'Tyer' from Jottnar.

- **Cotton T-Shirts x1**

It's nice to change into a comfortable cotton t-shirt to relax in at the hut so you can dry out your sweaty base layer from the day!

BOTTOMS

- **Waterproof pants (GORE-TEX or similar)**

Hardshell trousers of Gore-Tex, or similar standard, are required for this trip. Ideally they come with side zips to provide a little more ventilation when you're working hard. Something Like: The 'Valdyr' from Jottnar works well

- **Soft-shell Mountaineering / trekking pants**

This is the trouser you will spend a lot of your time in so make sure it's comfortable. Something like: The 'Valen' from Jottnar is ideal.

- **Trekking shorts**

Any comfortable light-weight short will do. Look for zip pockets.

HEAD GEAR

You'll need a sun cap and a warm hat that covers your ears. Most days the temperature is very pleasant but early mornings and evenings can be chilly up in the mountains.

- **Warm hat**
- **Sun hat**

EYEWEAR

You'll need sunglasses that provide UV protection. We recommend VALLON Heron Glacier sunglasses.

Adventure Base clients get 15% off your first order – [Learn more here](#)

- **Sunglasses**

HAND GEAR

You will need a thin soft-shell glove that provide protection in the cooler temperatures.

- **Thin soft-shell gloves**

FOOTWEAR

Trail shoes or trekking boots are acceptable for this trip and we recommend having merino socks.

- **Trekking socks (Merino wool is ideal)**
- **Hiking shoes / trail shoes**
- **Blister plasters**

GEAR / EXTRAS

- **Collapsible trekking poles**

We always recommend trekking poles on any trekking / mountaineering trip where you are walking for multiple days. Poles help take the weight from your knees especially when walking with a backpack.

- **Sleeping bag liner**

Lightweight sleeping bag liner usually made of silk or cotton. The huts provide blankets but your sleeping bag liner is for your own insulation and comfort. Blankets in mountain huts are not often washed regularly.

- **Water bottle**

- **Daypack Rucksack (20-30 litres)**

For more advice on how to choose the right pack for your trip see [here](#).

- **Toiletries and Wet wipes (There are no showers)**

- **Toilet paper**

There is no toilet paper provided on the trek so it is best to take some with you.

- **Earplugs**

- **Headlamp plus spare batteries**

- **First aid kit and relevant medication**

- **Copy of passport**

- **Copy of insurance policy**

- **Travel clothes**

- **Cash to buy local products**

- **Antibacterial hand wash**