

"WHAT YOU CARRY WITH YOU IS WHAT CARRIES YOU THROUGH."

# VIA ALPINA: KIT LIST

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Expect the unexpected on this trip. While we would love to guarantee warm, sunny weather for the 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.

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

## KEY CLOTHING ITEMS

### SUMMARY:

- **Waterproof shell jacket (GORE-TEX or similar)**
- **Down or Synthetic warm jacket**
- **Mid layers (fleece or similar)**
- **Base layer trekking t-shirts**
- **Cotton T-Shirts**
- **Waterproof shell trousers (GORE-TEX or similar)**
- **Trekking trousers/leggings**
- **Trekking shorts**
- **Base layer leggings**
- **Warm hat**
- **Sun hat**
- **Buff**
- **Sunglasses**

- **Thin gloves**
- **Trekking backpack & rain cover**
- **Trekking poles**
- **Copy of passport and insurance policy**
- **Credit card / cash for personal expenses**
- **Water bottles x 2 (1.5-2L)**
- **Toiletries**
- **Sunscreen SPF 50+**
- **Lip balm SPF 30+**
- **Pen knife**
- **Ziplock / dry bags (keeps things dry)**
- **First aid kit and relevant medication**
- **Mobile phone (optional power bank)**
- **Snacks (bars, gels, dried fruit, nuts, chocolate)**
- **Trail shoes / hiking boots**
- **Flip Flops**
- **Trekking socks (Merino wool is ideal)**
- **Luggage tags (if using the luggage transfer service)**

## **EARLY / LATE SEASON**

If there is snow on the trail then the following items might be required.

- **Micro Spikes**
- **Gaiters**
- **Thermal top and bottoms**

## TOPS

- **Waterproof shell jacket (GORE-TEX or similar)**

A waterproof 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. Something like: The 'Hodr', 'Grim' or 'Odin' Jottnar hardshell jacket.

- **Down or Synthetic warm 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.

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

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.

- **Base layer trekking t-shirts**

Trekking T-Shirts / Tops are what you're likely to spend the majority of your time in. The Via Alpina is often completed in the summer so days can get very hot. 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

- **Cotton T-Shirts**

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

## BOTTOMS

- **Waterproof shell trousers (GORE-TEX or similar)**

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.

- **Trekking trousers or leggings**

This is the trouser / legging you will spend a lot of your time in so make sure it's comfortable. Something like: Terravia Trail Pants by Patagonia.

- **Base layer leggings**

Full-length, lightweight base layer leggings are a versatile essential for warmth and comfort. They're perfect for layering on cold days, lounging in accommodations, or even as cozy sleepwear after a long trek.

- **Trekking shorts**

When the sun's out and the trail heats up, a reliable pair of trekking shorts will keep you cool and comfortable. Look for lightweight, quick-drying fabric with plenty of stretch for unrestricted movement. Something like: the Patagonia Quandary Shorts or similar.

## **HEAD GEAR**

You'll need a sun cap, a warm hat that covers your ears and a buff or balaclava. The idea should be that if needed, you can cover your whole face.

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

## **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. For more advice on how to choose the right backpack for your adventure see [here](#).

- **Trekking backpack**

- **Rain cover for backpack**

## **FOOTWEAR**

Both hiking boots and trail shoes are great options for this trip—it depends on your experience and preference. Hiking boots offer added ankle support, which can be helpful on uneven terrain or if you're not used to trail shoes. On the other hand, trail shoes are lighter and more comfortable for those with stronger ankles or a history of hiking in them. Whichever you choose, the key is making sure they're well-worn and broken in to avoid blisters or discomfort during the trek.

- **Trail shoes / hiking shoes**
- **Warm socks (Merino wool is ideal)**
- **Flip flops (comfortable for after days hike)**

## **GEAR / EXTRAS**

- **Sunglasses**
- **Thin gloves**
- **Trekking poles**
- **Copy of passport and insurance policy**
- **Credit card / cash for personal expenses**
- **Water bottles x 2 (1.5-2L)**
- **Toiletries**
- **Sunscreen SPF 50+**
- **Lip balm SPF 30+**
- **Pen knife**
- **Ziplock / dry bags (keeps things dry)**
- **Headlamp plus spare batteries**

- **First aid kit and relevant medication**
- **Mobile phone (optional power bank)**
- **Snacks (bars, gels, dried fruit, nuts, chocolate)**
- **Luggage tags (if using the luggage transfer service)**

These essentials ensure you're prepared, comfortable, and safe throughout your trek. From protecting yourself against the sun and staying hydrated to having the right tools and comforts, each item plays a crucial role. Pack smartly and prioritise lightweight, multipurpose gear to make your journey as enjoyable as possible. Don't forget to include personal touches like snacks to keep you fuelled and well-rested along the way!