

Kit List for Multi Day Treks From Hut to Hut

(Freedom Trail Escape/Chemin de la Liberté, Pic Carlit Challenge, Heaven's Gate.)

You are completing a multi day trek so the general advice is to pack kit that prepares you for any weather !

It is advisable to dress in 3 layers which enables better control of your body tempertaure. A base layer (close to skin), mid layer (to add warmth) and outer shell (waterproof and wind resistant). Layers can be taken off when you are walking up hill and getting hot. Layers can be added when taking a break to admire the view, if the wind picks up or in the evenings when it will be cooler. Avoid cotton, especially next to the body, because it does not wick moisture, leaving damp cotton next to your skin.

If you are walking in July or August, it is likely to be very hot most days, so think about wearing clothing that offers protection against the sun ie long sleeves and a hat. Better something that offers protection that can be taken off (for the sun tan), than something that doesn't provide any protection when/if it is needed. Having said this, I have had summer days where it has rained/drizzled constantly and I have read of snow showers in July.

If you are walking in May, June, September or October, the heat is less of a problem but still come prepared to protect yourself from the sun.

When choosing what to pack, try and keep things to a minimum. Try also to decant things like sun cream and toothpaste into smaller containers or share items like this between between the group. You have to carry all that you pack.

As a general rule, you should not carry more than 20% of your bodyweight.

If you have a kit shop near where you live, they will be able to offer good advice about choice of products even if you then buy the kit online.

Clothing

	Walking socks and underwear. Try and bring as many pairs as you can carry, up to one pair a day if possible, for comfort. Personal choice this ! Happy with one pair for 4 days, then do this !
	Base layer - thermal or wicking type underclothing ie t-shirt or alternatively a shirt. Not cotton. Number to bring is a personal choice.
	Insulating layers – a warm fleece or equivalent
	Lightweight quick drying walking trousers. If you normally walk in hot sunny weather in shorts then shorts are ok. Perhaps trousers that have zips that can become shorts are best.
	Fleece or insulating jacket for warmth.
	Lightweight waterproof jacket and trousers in case it rains and to act as windproof shell.
	Sun hat and sunglasses.
	Thin gloves.
	Fleece hat or equivalent.

Footwear

	Walking boots with good ankle support and grip on the sole. They need to be 'worn in' ie not brand new. This does not mean you wore them around the house for a week !
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Equipment and Food

	Rucksack for everything to fit in. 50/55 litres should be big enough. It will depend on how small your sleeping bag compacts. Do not carry more than 20% of your bodyweight.
	The rucksack should have a raincover. It is also worth having a large dry bag inside the rucksack to protect everything being carried from the wet.
	Sleeping bag. Lightweight summer bag or the fleece liner for a sleeping bag. Depends on whether you sleep 'hot' or 'cold'. Blankets are provided in the refuges except at Subera.
	Plastic spoon and cup.
	A small lightweight stove. I will carry a stove but if you may want to speed up the heating of water by carrying your own stove. I can supply a gas canister.
	Water bottle or hydration system. 2 litres minimum which can be 2 x 1 litre bottles. Plastic drinking bottles are ok. If you normally use a hydration 'camel back' system then bring that.
	'Blister kit.' Your own small, group first aid kit. To include things like plasters and 'second skin' to help with blisters
	Sunscreen (high factor at least 30 recommended) for skin and also lips.
	Camera
	Insurance documents, European Health Insurance Card (was called E111) and passport. Photocopies are acceptable.
	Survival bag (one per person). Large plastic bag big enough for a person to fit inside in case of emergency.
	Whistle to blow in an emergency/if you are separated from the group.
	Small head torch for evenings.
	One or two medium sized zip lock plastic bags to protect valuables from the wet plus several spare ones.
	Walking poles. Very helpful with ascents and descents. Two ie a pair, are better than one.
	Probably worth carrying some euros for spending (to pay for non meal time drinks, extra drinks at meal times, souvenirs etc)
	Ear plugs. There WILL be someone who snores !
	Small bag with soap, toothpaste, quick drying towel, toothbrush etc. Include a small packet of wet wipes.

Food

	Snack food for 'in between meal' energy boosts. Jelly babies, nuts, dried fruit, muesli bars etc whatever 'works' for you.
	ONLY FOR FREEDOM TRAIL. 2 meals (evening and breakfast) and also a packed lunch is required. Boil in the bag type food is the best option, but dehydrated food packets also work.

Optional Equipment

	Lightweight footwear to change into in the evenings eg flip flops or Crocs type footwear.
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