



ALTA VIA 1 KIT LIST

Hiking Kit

 RUCKSACK 40-50L

 RUCKSACK RAINCOVER

 RUCKSACK LINER

 DRY BAGS

 WALKING BOOTS

 WATER BOTTLES

 MAPS

 COMPASS

 WATERPROOF MAP CASE

 GUIDE BOOK

Clothing

 T-SHIRTS X 2

 SHORTS

 TROUSERS

 WATERPROOF
TROUSERS

 WATERPROOF
JACKET

 LIGHT DOWN
JACKET

 FLEECE

 UNDERWEAR X 3

 SOCKS X 3

 SPORTS BRA



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Accessories

- MICRO TOWEL
- SLIPPERS/SANDALS
- SLEEPING BAG LINER
- SUN HAT
- WOOLY HAT
- GLOVES
- SUN GLASSES
- HEAD TORCH
- SPARE BATTERIES
- FACE MASK
- EAR PLUGS
- HAIR TIES

Electronics

- BATTERY PACK
- ADAPTER
- PHONE
- CHARGERS
- CAMERA/ GOPRO
- SPARE SD CARD
- GPS OUTDOOR WATCH



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Toiletries

- SUN CREAM
- TOOTHBRUSH
- TOOTHPASTE
- DEODORANT
- SOAP/ SHOWER GEL
- LIP BALM
- MOISTURISER
- CLOTHES WASH
- TISSUES
- SHAMPOO/
CONDITIONER

First Aid Kit

- SURVIVAL BAG
- PAINKILLERS
- BLISTER PLASTERS
- PLASTERS
- BANDAGE
- ANTI-BAC HAND GEL
- INSECT REPELLENT
- BITE CREAM
- ANTIHISTAMINE
- EYE WASH
- SMALL SCISSORS
- ANTIBACTERIAL
WIPES/ CREAM

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Miscellaneous

- PASSPORT
- EUROS
- WHISTLE
- SNACKS
- ALPINE CLUB
MEMBERSHIP CARD



*Happy
Adventuring!*