

Ticino Treks and Expedition - Gear List for Trekking

Headgear	Bodywear	Footwear
<input type="checkbox"/> Sun Hat	<input type="checkbox"/> Base Layers (Top & Bottoms)	<input type="checkbox"/> Trekking Boots
<input type="checkbox"/> Warm Hat	<input type="checkbox"/> Lightweight Trekking Shirts	<input type="checkbox"/> Camp Shoes/Sandals
<input type="checkbox"/> Buff/Neck Gaiter	<input type="checkbox"/> Fleece Jacket	<input type="checkbox"/> Thermal Socks
<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Softshell Jacket & Pants	<input type="checkbox"/> Liner Socks
<input type="checkbox"/> Headlamp	<input type="checkbox"/> Waterproof Jacket & Pants	<input type="checkbox"/> Gaiters
<input type="checkbox"/> Sun Hat	<input type="checkbox"/> Insulated Down Jacket	
Handwear	Backpacks	Sleeping Gears
<input type="checkbox"/> Liner Gloves	<input type="checkbox"/> Trekking Backpack (40-60L)	<input type="checkbox"/> Sleeping Bag
<input type="checkbox"/> Softshell Gloves	<input type="checkbox"/> Daypack (20-30L)	<input type="checkbox"/> Sleeping Pad/Mat
<input type="checkbox"/> Insulated Shell Gloves	<input type="checkbox"/> Duffel Bag (For Porters)	<input type="checkbox"/> Inflatable Pillow
	<input type="checkbox"/> Pack Rain Cover	

Trekking Equipment and Additional Items	Accessories
<input type="checkbox"/> Lightweight Towel	<input type="checkbox"/> Trekking Poles
<input type="checkbox"/> Energy Snacks	<input type="checkbox"/> Water Bottles and Thermos Flask
<input type="checkbox"/> Trekking Map	<input type="checkbox"/> Hydration Bladder
<input type="checkbox"/> Notebook & Pen	<input type="checkbox"/> Stuff Sacks/Dry Bags
<input type="checkbox"/> Camera & Batteries	<input type="checkbox"/> Sunscreen (SPF 50+)
<input type="checkbox"/> Lightweight Towel	<input type="checkbox"/> Lip Balm with SPF
<input type="checkbox"/> Trekking Poles	<input type="checkbox"/> First Aid Kit
<input type="checkbox"/> Toiletries	<input type="checkbox"/> Multi-tool/Pocket Knife