



EQUIPEMENT FOR SUMMITS

- Day pack 30-40L
- Water bottle 2-3Liters
- Sun glasses (cat. 3-4 protection UV)
- Sun cream
- Hiking boots (above ankle is mandatory)
- Food for the day + snacks bars
- Thermos (*optional*)
- Hiking poles (*optional*)

PERSONAL CLOTHINGS:

- Base layer T-shirt (no cotton)
- Sweater or fleece mid layer
- Base layer pants (*optional*)
- Hiking pants
- Waterproof Pants
- Waterproof jacket
- Warm jacket (down or synthetic)
- Hat
- Gloves 2 pairs (thin and thick pairs)

Gear you get from Nunatak adventures that you need to carry:

- Helmet
- Crampons
- Ice axe
- Harness