

SWITZERLAND HIKING TRIP: SEPTEMBER 2019

(Female Mid 50's)

Packing List

Hiking Clothing:

- Hiking boots
- Gaiters
- Rain gear
- 1 hiking pants
- 1 hiking shorts
- 1 long-sleeve quick-dry shirt
- 1 short-sleeve quick-dry shirt
- 3 pairs socks
- 1 pair of long underwear
- 3 quick dry underwear
- 2 sports bras
- 1 medium weight fleece (3/4 zip)
- 1 medium weight jacket w/wind protection
- Hat and gloves for warmth
- Baseball hat or sun visor

Leisure/Airplane:

- Sandals
- Sleeping: t-shirt/gym shorts
- Travel and evenings (store in separate stuff sack to keep fresh)
 - Leggings
 - Long-sleeved top
 - Underwear
 - Clean socks
- Sleeping bag liner
- Headphones/music
- Foam earplugs for dorm/plane noise
- Kindle
- Bathing suit (*didn't use*)

- Phone
 - International phone plan
 - Wikiloc app to phone
 - Phone/kindle charger and cords
- Passport
- Cash (~\$60-75/day)
- Credit card w/no foreign transaction fee
- Compass
- Maps
- Outlet converter
- Reading glasses – 2 pair
- Headlamp
- Water reservoir for pack, 2 L
- Sunglasses
- Sunscreen
- First-aid Kit
 - Moleskin
 - Antibiotic ointment
 - Antihistamine cream
 - Band-aides, few bandages
 - Pain relief/motrin
 - Eye lubricant drops
 - Benadryl
 - Small Icy Hot
 - Few Tums
 - Few Pepto Bismol
 - Small scissors
- 2 bandanas/handkerchiefs
- 1 small towel
- Toiletries
 - Travel shampoo/conditioner
 - Travel size liquid body soap
 - Travel size toothpaste
 - Toothbrush
 - Facial/night cream
 - Small brush/comb
- Small amount laundry soap
- Small binoculars
- Knee sleeve
- Vitamins

Equipment/Necessities: