



1 mountain backpack for Mountain Week (with a minimum capacity of 40L)



A drinking pouch with plastic tube



1 light and 2 **warm** fleece sweaters



1 **warm** down jacket



1 **warm** rain jacket in GORE-TEX material



1 pair of hiking trousers in GORE-TEX material



1 pair of rain overpants



1 pair of **warm** underwear



1 pair of trekking shoes



2 pairs of long **warm** socks



1 pair of **warm** gloves



1 pair of trekking gloves



1 pair of sunglasses for glaciers