

# Checklist for Triglav

## In 1 day



### Clothing

- underwear & socks
- down jacket
- hiking boots
- wicking shirt
- insulated jacket
- rain jacket
- long pants
- rain pants
- sports bra (for girls)
- base layer
- warm layers
- gloves (depend on the weather)

### Accessories

- sunglasses
- sunscreen
- bandana
- backpack (25l)
- 30€ in cash
- Phone
- headlamp
- toilet paper
- id card
- hiking poles (if you have bad knees)

### Food and drink

- snacks
- sandwiches
- energy bars
- protein bars
- dark chocolate
- apples
- isotonic
- 1,5l of water

### Good to know

- ✓ You don't need any prior experience, but you must be physically prepared to walk for at least 12 hours in one day
- ✓ We will walk more than 10 km and overcome 1900 m of altitude difference (in one way)
- ✓ Some of the equipment you can rent with us, so you don't need to carry it with you during your travel
- ✓ Let the guide know if you have any health issues 
- ✓ It is 50 min of driving to the starting point 
- ✓ There is only one spot on the way where you can refill your water
- ✓ Take only necessary things with you. Don't bring too heavy backpack.
- ✓ Most of the time you will spend in the nature. There is restroom in the hut or in the nature on the way to the hut.
- ✓ Not recommended for pregnant women
- ✓ Make sure you come 30 minutes earlier, if you come with your own car. Altitude Activities does not have any parking places. You will have to park the car somewhere near.