

Checklist for Triglav

In 2 days



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 (depends on the weather)

Accessories

- sunglasses
- sunscreen
- bandana
- backpack (25l)
- toothbrush & paste
- 80€ in cash (for the hut and food)
- 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 10 h per 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 it.
- ✓ The lodge offers the basics, common washroom with cold water, dining room where you can eat your own food or order something from the menu (they serve breakfast, lunch and dinner)
- ✓ You get the sheets and blanket in the hut, so you don't need to bring a sleeping bag.
- ✓ If you will meet us in Bled, please note that we do not have our own parking spots.