

RECOMMENDED CLOTHING AND EQUIPMENT FOR TREKKING ACTIVITIES

Recommended clothing and equipment for high mountain activities for guides and participants:

- ✓ Sun hat / cold hat.
- ✓ Gloves (first/second layer).
- ✓ Sunglasses.
- ✓ Windbreaker.
- ✓ Down jacket.
- ✓ First layer (shirt and pants).
- ✓ Trekking pants.
- ✓ Trekking boots (new sneakers or boots are not recommended, as they could cause foot injuries).
- ✓ Spare shoes (optional).
- ✓ Socks: 2 pairs of socks. In case of using trekking boots, a thin pair and a thicker one on top (this will avoid injuries, such as blisters).
- ✓ Sun block factor 50+.
- ✓ Personal backpack (25 to 30 liters).
- ✓ Headlamp.
- ✓ 2 water bottles (1 liter or 1.5 liter nalgene).
- ✓ Depending on the type of conditions of the route and season (summer/winter), the following personal technical equipment: crampons, ice axe, helmet, snowshoes, etc.

REMEMBER!

- ☑ Each **trekking activity** may have variations in terms of the technical equipment required, depending on factors such as technical difficulty, location, altitude, climate, weather conditions, etc. Each activity published on our website specifies the personal technical equipment.
- ☑ Personal technical equipment is included in all our Full and/or Tailor-Made programs. In the case of the basic programs, participants may bring their own technical equipment (after checking with our guides), although it may be included as an additional item to the cost of the program.
- ☑ In any case, this technical equipment is specified in each program sent to our customers.