



<20 pounds please!

The Dolomites do not disappoint
but a heavy pack may make you want to turn back.

Alta Via 1 Packing List: Equipment

- Quality backpack: Not so big. [38L for men](#), [36L for women](#), [18L for kids](#) is all that's needed.
- [Waterproof cover](#) for pack
- [Walking poles](#) - Game Changer, esp with older knees!
- [Head and Neck Warmer](#)
- 3 litre [water reservoir](#) plus a [canteen](#) or two
- A few non perishable snacks
- Safety Whistle
- First aid kit including athletic tape, scissors, bandaids, neosporin, NSAIDs
- Limited toiletries - Good [Moisturizer](#), small tube of toothpaste, toothbrush, small bottle of shampoo, hairbrush, chapstick
- [Phone/chargers/adapters](#) to 220V Italian plug
- [Guide book in your language](#)
- [Earplugs](#)
- Travel documents in waterproof ziplock or [drybag](#)
- Credit cards. Most places accept but some euros in reserve for tips
- [Kindle](#) for reading and planning

If you chose dorm level accommodations vs private rooms you'll need this also:

- [Sleeping bag liner](#)
- [Travel towel](#)
- Laundry detergent to wash out "hiking" clothes

Alta Via 1 Packing List: Clothing

- 1 Lightweight, [quick drying pants](#) or convertible pants.
- 2 lightweight, [quick drying t-shirts](#) (1 extra in case of soaking rain)
- 2-3 pairs of [good hiking socks](#) We love this brand bc they will replace damaged socks for free.
- 2 pairs [thin socks to prevent blisters](#) by wearing under hiking socks
- 1 pair cozy socks for night
- 1 lightweight fleece or wicking [technical fabric warm layer](#)
- 1 pack away lightweight [waterproof jacket](#)
- 1 pack away lightweight [thermal jacket](#) (We didn't need to use this when walking, but I found it very comforting to have it in the mountain huts once it cooled down in the evenings)
- [Lightweight leggings](#) and t-shirt to wear in the huts in the evenings.
- Undies for entire trip - Sports bra, evening bra
- [Sun hat](#) This Patagonia hat keeps me cool and protected.
- [Sunscreen](#) That fits in the plane carryon
- [Cat 4 Polarized Sunglasses](#) (don't skimp on eye protection it's bright white limestone)
- 1 pair of good [quality walking boots](#) (low or medium top)
- 1 pair of [slides](#) for wearing in the huts - **Boots ARE NOT ALLOWED** inside restaurant/bedroom area

[More details on packing check out this post.](#)

Crave the Planet.