

Packing Checklist

Switzerland Hiking Adventure

Come prepared for all kinds of weather! Choose dual-purpose, lightweight clothing that you can efficiently layer. Merino wool and synthetic fabrics like polar fleece are recommended over anything cotton or denim for their quick-drying and sweat-wicking capabilities. If you're not sure what any of the items in the packing list are, please ask us or your nearest outdoor outfitter. We want you to be Girl Scout-prepared for your adventure ahead!



Hot tip: Before your trip, become well-acquainted with your gear—especially your hiking boots, poles (if desired) and backpack. Wear your day pack on training hikes and gradually increase the weight that you are carrying so when you strike off on day one, your pack feels snug like your favourite pair of jeans!

Required Items

- Main piece of luggage: a sports bag with wheels, a soft-sided suitcase or backpack (30-50L)
- Daypack (25-30L). This will be for carrying water, a packed lunch, camera and rain gear, and on those nights you are staying at in the mountain (i.e. Faulhorn Hotel and Gemmi Lodge), you will be carrying anything you need for overnight including essential toiletries, extra layers, pyjamas. Backpacks with a waist and chest strap are essential for long days in the hills to alleviate weight from your shoulders.
- A snug rain cover for your daypack

- Hiking boots (ankle high): Ensure they are well-loved (worn-in) and waterproof
- Sandals or flip flops for evenings and casual wear around hotels
- Socks: 3 or 4 pairs—opt for merino brands like Smartwool or Darn Tough
- Waterproof, breathable hooded rain jacket AND pants
- Fleece/down jacket/wool sweater: one or two
- T-shirts 2-3, cotton and/or quick-dry
- Long-sleeve shirts: 1-3, cotton and/or quick-dry
- Lightweight pants: 1-2 pairs, at least one quick-dry pair is recommended
- Shorts: 1-3 pairs, some cotton, some quick-dry
- Underwear and good support, comfortable bras as needed
- Pyjamas
- Sun hat/baseball cap
- Warm hat: wool/fleece
- Fleece gloves or mitts (especially if using hiking poles)
- Casual wear to change into for evenings at hotel and during travel
- Sunglasses: with a retainer strap (optional)
- Water bottle, Camelback or similar: should be able to carry 2-3L per day.
- Toiletries: shampoo, conditioner, toothbrush, toothpaste, soap, facecloth (if desired), glasses/lenses, feminine hygiene products, wet wipes, hand sanitizer etc.
- Prescription medications: Bring in duplicate and pack separately
- Small camp towel
- Sunscreen and Insect Repellent
- Headlamp
- Ziploc baggies (various sizes), dry bags for waterproofing your daypack contents
- Ear plugs (recommended for shared rooms)

Charger, adapter plug for electronics (220V compatible with plug adapter for Switzerland)

Optional Items

Telescoping hiking poles: these are not essential but we highly recommend them for additional support

If you would like to rent hiking poles for 40CHF (payable in cash on arrival), please contact the WWE office as soon as possible to reserve. This must be arranged in advance of your trip.

Hiking gaiters: they will keep your boots and socks dry on the muddy, boggy trails

Bandana/Buff

Small pillow

Light sleeping bag liner (not required - all accommodations provide bedding)

Swimsuit (if you would like to take a rejuvenating dip in a lake on a hike)

Trail runners/running shoes: as an alternate option to change into when your boots are soggy!

Camera: memory cards and batteries/charger

Binoculars

Travel alarm clock

Pencil, notebook/journal/sketchbook

Reading material

Personal First Aid Kit (Ibuprofen/ASA, Band-aids, second skin, adhesive tape, antihistamines, anti-nausea tablets, Polysporin, Imodium, throat lozenges, extra prescription medication you may be taking—pack it separately), blister kit if you're prone (2nd Skin, Compeeds or moleskin).

Energy snacks and drinks: You may wish to bring an emergency “hangry stash” if you have special dietary needs or personal favourites. These can also be purchased locally.

Alcohol-based sanitizer and face masks

Covid-19 RAT tests

Essential Documents

Passport: stored in a waterproof wallet/Ziploc bag

Copies of your passport, medical insurance, air tickets (pack separate from the originals)

Money: cash in local currency, credit/debit cards with pin number for cash withdrawals

Air tickets and itinerary

Packing Notes

Luggage Logistics

Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your expedition (like your hiking boots, rain coat and fleece!). When packing your carry-on try to include what you would need to be comfortable for your first few days in case your checked baggage is misrouted by the airline (rain gear, medications, itinerary, snacks, change of socks/underwear).

As a general rule, don't bring more than you can carry! This will help ensure smooth-as-pudding transfers in airports, through customs, hotels, and loading vans/trailers/boats. On adventure travel trips it is best to travel with one larger check-in bag and one carry-on bag. Most airlines have reduced the weight maximums for checked bags to 50lbs (22kg). Be sure to check with your airline for weight restrictions and carry-on allowances.

We recommend soft-sided luggage or a medium duffel bag or backpack of 30-50L(your checked bag) and a medium daypack of 25-30L(your carry-on bag) for this adventure.

Note:

- During the hike to and stay at Faulhorn, your main luggage will be kept at Hey Hotel in Interlaken. For the overnight at Faulhorn it is only possible to have the essential things in your hiking backpack.
- During your stay at Gemmi Lodge, your main luggage will go directly from Interlaken to Zermatt. For the night at Gemmi only essential items must be carried in your hiking backpack.

Resources for Buying Outdoor Gear & Clothing

- **Mountain Equipment Co-op, REI, SAIL, Atmosphere, Sportchek**
- **Borrow:** Why buy when you can borrow from a friend?
- **Variety/Value Village, Goodwill, Salvation Army** and online swap sites are also great places to find second-hand gear for a fraction of the price. **Reduce, Reuse, Recycle, Rewear!**