



# WILD WOMEN

EXPEDITIONS

## Switzerland Hiking Adventure

### Packing Checklist

 **Fabric Note:** We recommend that you choose multi-purpose, quick-dry clothing such as Patagonia Capilene (recycled polyester fabric) base layers and merino wool socks. Proper layering is essential! You can bring cotton or denim items but be aware that they won't be easy to wash or dry.

 **Travel tip:** Checked luggage can often get lost or delayed in transit. It's wise to wear all the items essential to your trip on the plane (ie. hiking boots, fleece) and pack your raincoat, waterproof pants, camera/phone, paperwork and medications in your carry-on. If space permits, pack a change of socks, underwear and an extra t-shirt.

 **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!

 **Hot tip: *Always check the weather*** in your destination in the week leading up to your trip!

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*). Think about how you travel and what works best for you. If you know you'll never wear or use a particular item on this list, don't worry about it!

## Required Items

- Main luggage: suggested small to medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L), but keep in mind that you need to carry this along with your day pack in the airport and from vehicles to your accommodation
- 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 what you need for an overnight stay including essential toiletries, extra layers, and pajamas. 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): Make sure you've given them a solid pre-trip workout in varying terrain and elements! Ensure they are well-loved (worn-in) and waterproof. Logging several miles in them will help ensure a blister-free trip.
- Waterproof, breathable jacket and pants: Jackets with hoods and armpit zips are best.
- Water bottles or CamelBak hydration system (you will need to carry 1 to 2L per day). You can also fill one with electrolyte powder for hydration if you wish.

## Recommended Items

- Trail runners/running shoes: For casual wear at camp and walking around town
- Light sandals or slippers: for casual wear or around accommodations
- Socks: Bring enough socks to have a dry pair to hike in and change into at camp (post-hike) everyday. Good, long hiking socks are paramount—especially merino wool socks that will help keep your feet warm even when wet. There will be time to wash socks—but not necessarily enough time to air-dry them! Smartwool or Darn Tough are great brands
- Fleece or down jacket or wool sweater

- T-shirts: cotton and/or quick-dry
- Long-sleeve shirts: cotton and/or quick-dry
- Lightweight hiking pants: at least one quick-dry pair is recommended
- Shorts: cotton and/or quick-dry
- Underwear and bras as needed
- Pyjamas
- Brimmed sun hat/baseball cap
- Warm hat: wool/fleece
- Bandana/ Buff
- Light 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)
- Toiletries
- Sunscreen (SPF 30+), lip balm with sunscreen
- Ear plugs (recommended for shared rooms)
- Small flashlight or headlamp, spare batteries
- Personal first aid kit and blister kit
- Camera/phone: memory cards, batteries/charger, external battery
- Hiking poles: Note, you cannot pack hiking poles in your carry-on luggage, they must be checked in.
  - Hiking poles are **highly recommended** on this hike for safety reasons, in the event of a mild strain or injury while hiking.

## Optional Items

- Bathing suit (for the sauna and spa)
- Energy snacks and drinks: snacks will be provided but if you have unique dietary needs or favourites, best to pack a few
- Electrolyte powders
- Extra travel and 'town' clothes
- Ziploc baggies to waterproof items in day pack or a small dry bag
- Pencil and Notebook/Journal (if that's your thing!)
- Reading material

## Essential Documents

- Passport (with photocopies or stored on phone)
- Travel insurance (with photocopies or stored on phone)

- Airline tickets (with photocopies or stored on phone)
- Local currency, ATM and credit cards
- Wild Women Expeditions Trip Details and Bulletins (saved to your phone for easy access on or printed, your preference)
- Any entry visas or vaccination certificates as required

## Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, SAIL, REI, Sportchek, Atmosphere
- Borrow: Why buy when you can borrow from a friend?!
- Thrift stores and online swap sites are awesome places to scour for second-hand items.
- Reduce, Reuse, Recycle, Rewear!

**Gear Note:** We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!