

## SWISS ALPS KIT LIST 2017

### Personal Items

**Passport** - Your passport and visa will allow you to get in to and out of the UK and your destination! It must be valid for at least 6 months after your return date and should be stored in a re-sealable plastic bag in your money belt.

**Personal medication** - Your personal medication will allow you to stay healthy whilst you are away. Take enough for the duration of the expedition and a second set just in case you lose them.

**Personal money** - Your personal money can be used for any extra purchases you may want to make when you are away. We recommend taking around £50. Take a little more if you need to Hire Via Ferrata kit. (£25)

### Carrying and Organising

**Expedition rucksack/holdall** - Will allow you to carry all your gear. 60-65 litres will be sufficient — any smaller and you won't get everything in, any bigger and you'll take too much stuff!

**Daysack** - A daysack will allow you to carry just enough stuff for days out exploring and to sleep overnight in an Alpine mountain Hut. Without having to carry everything. 35-40 litres will be sufficient. Should be comfortable with waist and chest straps ideally.

**Waterproof liners** - Waterproof liners protect the items in your bag(s). Uses a liner specifically designed for the job, or takes a large, durable plastic sack (such as a rubble sack). Plastic sacks have a tendency to split so take a spare! It is advisable to have an additional large rubble sack to store unwanted items that you might not be carrying for part of the expedition.

**Waterproof stuff sacks** - Waterproof stuff sacks are useful for grouping and packing similar items together. A company called 'Exped' has a range of different sized and coloured bags which make it easier to identify and access items quickly, without emptying your whole bag. Plastic bags are ok; look for good quality strong bags.

### Sleeping

**3 season sleeping bag** - A down or synthetic sleeping bag with a minimum comfort rating of -5 'c will keep you warm and covered up at night. Make sure you protect your sleeping bag against getting wet by putting it inside a large durable plastic bag or dry bag after stuffing inside the original stuff sack. Down sleeping bags do not work if they are wet!

**Sleeping bag liner** - A sleeping bag liner is like having your own bedding with you! It can be used on its own in hostels or added to a sleeping bag for additional warmth. Usually made of cotton or silk (more expensive) and square or mummy shaped. (Needed for your overnight stay in the Alpine Hut)



Sleeping mat - A sleeping mat will insulate you from the ground and provide comfort. A foam roll mat is functional and cheap whereas an inflatable mat may be more comfortable but is heavier and vulnerable to punctures. A bicycle puncture repair kit should be carried with an inflatable mat!

## Footwear

Trekking boots -3/4 Season winter boots. Should have semi Rigid sole as to be able to take a walking crampon. This provides essential protection for your feet and ankles when trekking over rough ground, snow and ice.

Note: If you don't own a pair of these style boots. You can rent them from the village in Kandersteg. (£20 per day)

Socks - Thick socks provide padding and help prevent blisters when wearing boots for extended periods. Some people prefer one thick pair whilst others prefer one thin and one medium weight — work out which is best for you before you go! The overall thickness of your socks will change the fit of your boots.

Approach shoes/ Trainers - provide essential protection for your feet. Find a pair that feels comfortable.

Sandals - Not flip-flops! Sandals provide essential protection for your feet when you are in water, and keep your feet cool when you don't need the additional protection of shoes or boots. They should have straps that hold them firmly on your feet.

## Clothing

Synthetic materials are best as they 'wick' away moisture when you are hot. Cotton clothing tends to trap moisture creating rubs and discomfort.

Underwear - you will only need 3 or 4 sets at most.

Base layer top (2) a base layer will keep you comfortable by creating warmth in the cold and keeping you dry when you are hot. You will wear a base layer for most of the expedition so you should take a couple. Synthetic tops wick well and will work best for physical activities, particularly in hot climates. A cotton t-shirt or a travel shirt is fine for travelling.

Mid layer – A mid layer adds warmth when you need it, particularly at night or when you are inactive. Sometimes referred to as 'micro' or '100 weight' fleece with long arms and likely to have a zip neck or round neck.

Warm layer - A warm layer will add extra warmth when you need it. Sometimes referred to as '200 weight' fleece and likely to have a full-length zip.

Walking trousers - protect your legs - you'll be living in these so get some that you like. Zip-off lower legs make them more versatile and some have vertical zips at the bottom to allow easy removal over your boots.



Walking shorts - will keep you cool while trekking in hot environments. Don't forget your sun cream!

Waterproof jacket and trousers- a lightweight/robust waterproof jacket is essential for keeping you dry in the rain and reducing the effects of wind-chill.

Swimwear - Sensible swimwear will allow you to enjoy your time in the water. Board shorts are versatile and can be used in and out of the water.

Sun hat - with a wide brim will help protect your neck and ears. Dark colours will absorb heat and are best avoided.

Warm hat - will keep you warm when you need it.

Warm gloves- an inner (warm layer) and outer pair (waterproof layer).

Scarf or 'Buff' - A scarf or buff provides protection from dust, drafts, sun and the cold. In certain cultures/ religions it's customary for travellers to cover the shoulders and/or head.

## Drinking

Water bottles (2) or water bottle and hydration bladder - Bottles should be strong and not leak when sat on, dropped or squashed. Sports bottles are NOT suitable. Hydration bladders are convenient and allow you to drink 'little and often' but are vulnerable to puncture and contamination are the valve if a protective cover is not used. Water carries should ideally be clear so that you can inspect the contents.

## Washing

Hair and body wash should be decanted in to smaller travel bottles wherever possible. Toothbrush and toothpaste - Think about the amount of toothpaste you are taking — a small tube is probably sufficient. Travel towel - Lightweight, low bulk and dry far more quickly than traditional cotton towels.

Toilet bag/hygiene pack - may be essential whether you are in a hostel or the middle of nowhere. It should consist of some toilet paper (wind it off the cardboard tube to reduce bulk) and a small bottle of anti-bacterial hand gel. Some nappy sacks are useful for bagging used toilet paper until you can get to a bin.

## Health, Safety and Wellbeing

Anti-bacterial hand gel - should be used before you touch anything that is going to go anywhere near your mouth. Hand to mouth transmission of germs is the most common cause of 'traveller's diarrhoea'. A little bit goes a long way, so a 100ml bottle should be sufficient in addition to the one in your toilet bag.

Sunscreen will keep your skin safe from UV light in the sunshine and help it to stay moisturised no matter what the weather! Take a small bottle or 'sports pack' of at least factor 30 and keep it in a plastic bag in case it leaks.



Lip balm will keep your lips safe from UV light in the sunshine and help them to stay moisturised whatever you're doing.

Insect repellent – Optional. Will stop the insects from biting and spreading any disease that they may be carrying. Keeps the midges away in the summer. Brands containing DEET are the best proven and most popular, but avoid concentrations above 50%. Natural alternatives are available.

Money belt - worn around the waist will help you to keep your money and passport safe. A re-sealable plastic bag will keep your passport dry as well as safe. Models that are worn around the neck are NOT appropriate.

Head torch - is invaluable for finding your way at night — whether looking for the toilet or getting off a mountain later than planned. LED models are Lightweight and power efficient. Use new batteries and take as are set. Optional - cheap watch - with an alarm will help you get where you're going.

## Personal first aid kit

Your personal first aid kit should consist of:

An assortment of plasters for minor cuts and grazes. A pack of blister plasters for when your boots rub.

5 rehydration sachets for when you need to replace electrolytes after excessive sweating. Try the flavour before you go to make sure you like it!

The Leader Team (Jo) will carry a comprehensive first aid and medical kit containing anything else you may require. Do not bring any drugs except for prescribed medication.

## Emergency snacks

These should be snacks of substance and low bulk e.g. flapjack, nuts, dried fruit. Pack enough to keep you going for a morning or afternoon.

Sunglasses are essential for protecting your eyes from UV light in sunshine, particularly when reflected off water or snow. Models with 100% UV protection and a solid case are advisable.

## Additional Equipment – Optional

Every item here is worth taking but will also add weight and bulk to your pack. Choose wisely!

Notebook – useful for making notes!

Keeping a diary will allow you to record your experiences and no doubt will make interesting reading in the future.

A book will help you to relax and pass the time on journeys or in camp. Check you're not taking the same as anyone else — you can swap once you've finished them.



Taking a camera/or phone with a camera is a no-brainer. Make sure you've got a good size memory card or storage. Spare batteries or a means of charging it are important.

A travel adaptor will allow you to charge your electrical devices if/when you find electricity. Check which type you will need for your destination. One between two is normally sufficient.

Para cord is useful for just about anything from washing lines to shoelace repairs! 5 metres of 4mm should be more than sufficient.

Duct tape will help you to repair most things. Don't take the whole roll, get a small roll or wind some around our water bottle or something similar.

Earplugs are useful for sleeping when travelling overnight or when you're sharing a room or tent with someone that snores!

Wet wipes - are great to keep clean in between washes and take up very little room if you take a small pack.

Walking poles - Telescopic walking poles give extra support when walking over difficult or steep terrain. Particularly useful for people with ankle, knee, hip or back problems.



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