



# Dolomites Trek Packing List

[AdventuresWithinReach.com/packing](http://AdventuresWithinReach.com/packing)

*Print this itinerary and bring it with you on your trip. You will need it to pack the day before your trek.*

*Based on 3 nights in huts. You will want adjust depending on the length of trek.*

## **Clothing** (Includes what you are wearing)

- 2 - Long hiking pants, zip-off legs helpful
- 1 - Hiking Shorts (optional)
- 2 - Short-sleeved shirts
- 2 - Long-sleeved shirts
- 4 - Undergarments
- 2 - Bra, Sports bra (women)
- 1 - Belt (optional)
- 1 - Sun hat
- 1 - Bandana
- 1 - Long pants for dinner
- 1 - Long-sleeved shirt for dinner

## **Cold Weather Clothing**

- 1 - Light down or thick fleece jacket
- 1 - Waterproof shell/Rain jacket
- 1 - Waterproof pants
- 2 - Thin gloves
- 1 - Thin hat

## **Footwear**

- 1 - Hiking boots, warm, waterproof
- 1 - Tennis shoes or sandals, socks for evenings
- 2 - Hiking socks
- 1 - Sock liners
- 1 - Gaiters

## **Other**

- 2 - Water bottles, Camelbak for pack
- Trekking poles
- Sunglasses
- Book, cards
- Snacks/Candy (also to share)
- Hiking Notes, maps, rifugio info, pen
- Carabiner

## **Dorm in Rifugio**

- Bed sheet (for dorms in huts)
- Small towel (for dorms in huts)

## **Baggage**

- Backpack with rain cover (30-40 liters)
- Dry bags for storing gear

## **Electronics**

- Headlamp/flashlight
- Camera, memory disks, batteries, charger

## **Toiletries**

- Shampoo, soap
- Toothbrush and toothpaste
- Deodorant
- Moist Towelettes
- Hand sanitizer
- Lotion
- Sunscreen
- Lip balm with sunscreen
- Hairbrush, comb
- Kleenex
- Sewing kit

## **First Aid Kit**

- Pain reliever, antihistamines
- Band-Aids, disinfectant
- Throat lozenges
- Prescription drugs