



BIVACCO VIAGGI

WHAT TO BRING?

A list of useful things

FOR ACTIVITIES (Trekking)

1. **Mountain boots**
2. **Trekking poles**
3. A suitable **trekking backpack (35-45L)** in order to contain all of the following equipment list during the day:
 - Sport t-shirts
 - Shorts
 - Base layer and warm layer (morning and evening can be chilly, we stay out from morning to evening)
 - Sun Glasses /cap
 - Sunscreen (cream to protect from sun)
 - Rain gear/rain jacket
 - Water bottle to refill whenever possible (a number of small water bottles preferable rather than a big water bottle in order to fit better in backpack) . A Camel Back would be highly useful
 - Sleeping sheets or sleeping bag
 - Toilet kit and small towel
 - Flip flops (* if you wish: this are normally available by the huts)
 - flash head lamp
 - camera/phone electric plugs
 - ear plugs (useful when we'll sleep in dorms)



CRUCIAL CHARACTERISTICS OF THE TREKKING:

a. MOUNTAIN HUTS:

On the Apuan Alps crossing we'll typically find real mountain huts, organized in dorms with bulk beds. We shall not find big groups during our staying, as we're moving during the week. Regardless, bring some ear plugs with you to have more comfortable nights!

b. DRINKABLE WATER:

Mountain Huts are generally the places where we can refill with water to bring with us. This means that each of the days we are starting with a full load of water (2,5L at least recommended) to use during our hike. Few chances to refill during the trekking, except by Mountain Huts

c. MOUNTAIN BOOTS

The Apuan Alps Trekking is only doable with Mountain-Boots!

In spite of their height - no peaks over 2000mt -, Apuan Alps are characterized by a limestone/marble terrain AND often steep inclines, which requires a hard sole of the shoe that only mountain boots can provide. Walking poles are a plus, offering sustain and grip.