

# Hiking the Julian Alps

## Adventures in Good Company's suggested packing list

### FOOTWEAR

- \_\_ 1 pair lightweight waterproof hiking boots with good ankle support. They should fit comfortably, without constriction, when you are wearing one liner sock and one hiking sock.
- \_\_ 1 pair comfortable walking shoes
- \_\_ 2 pair thin liner socks: silk or synthetic equivalent (optional)
- \_\_ 3 pair Hiking socks: wool or synthetic equivalent (Thorlo, Smartwool, Ultrex, or Polartec)

### CLOTHING

- \_\_ 1-2 pair comfortable, lightweight, synthetic hiking pants (Supplex, or nylon/polyester/spandex blend) Zip-off pants are ideal.
- \_\_ 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Thermastat, MTS, or polypropylene)
- \_\_ 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent ("expedition-weight" Capilene, MTS, Thermastat, or Polartec) A wool or fleece vest works well for this layer.
- \_\_ 1 warm fleece jacket
- \_\_ 2 pair shorts: nylon shorts with liners are comfortable and easy to wash (unnecessary if you use zip-offs)
- \_\_ 1 lightweight long-sleeved shirt for sun protection
- \_\_ 2-3 synthetic T-shirts
- \_\_ 1 wide-brimmed hat for sun, rain, and high fashion
- \_\_ 1 rain parka and rain pants: a **waterproof**/breathable fabric like Gore-tex is preferable. Partial or full-length leg zippers are great for easily putting your pants on over your shoes or boots.
- \_\_ Underwear and pajamas or whatever you like to sleep in
- \_\_ warm hat and gloves
- \_\_ town clothes; e.g. pants, skirts, blouses etc

### EQUIPMENT

- \_\_ 1 daypack lined with a plastic bag, large enough to carry your water, lunch, raingear, etc. A hip belt will make it much more comfortable to carry.
- \_\_ pair of trekking poles (highly recommended)

### ESSENTIALS

- \_\_ sunscreen and lip block with SPF of at least 15
- \_\_ sunglasses (100% UV blocking) and retention strap
- \_\_ 2 liter water carrying capacity (water bottle or hydration system)
- \_\_ 1-2 bandannas

### TOILETRIES (small everything)

- \_\_ toothbrush, small toothpaste, dental floss, moist towelettes, sanitary supplies and a zip-lock plastic bag, contact lens paraphernalia
- \_\_ personal "patch kit": bandaids, Compeed (blister bandaids) and moleskin, first aid or cloth athletic tape, foot powder, ibuprofen, personal medications, if any. Individuals allergic to insect stings must bring an epi-pen. Please consult your physician and tell your guide.

### OPTIONAL

- \_\_ small journal and pen
- \_\_ camera and film
- \_\_ compact binoculars
- \_\_ favorite snacks
- \_\_ book or small musical instrument
- \_\_ iodine tablets (water in the Slovenian mountains is generally considered safe to drink, so the choice of whether or not to purify drinking water is left to your discretion)