

## **Checklist hiking equipment**

## For all hikes:

- Good hiking shoes
- Small backpack, max. 20 liters
- Comfortable hiking clothes, warm and weatherproof depending on the weather
- Water / Wind proof jacket
- Cap or Sunhat, opt. hat
- Sunglasses and sun screen block
- Few but energetically snacks
- Drinking bottle
- Hiking poles optional

## For the hikes to Monte Rosa Hut and on the glaciers

• Crampons

## For the hikes to Monte Rosa Hut and other huts with overnight stay:

- Inner sleeping bag (liner) MANDATORY
- Change of clothes
- Opt. head lamp

If you don't have all the equipment, you can rent it in one of the sports shops in Zermatt.

٠	Yosemite Salewa Matterhornsport	Bahnhofstrasse 28	3920 Zermatt	+41 (0)27 968 17 77 +41 (0)27 967 30 73 +41 (0)27 967 29 56
٠	Glacier Sport Dorsaz Sport		3920 Zermatt	+41 (0) 27 968 13 00

