

Checklist

So that you can experience a wonderful hiking time, here is a small checklist for your hikes with us. Best conditions and good equipment are very important to us. You can find more information about this in our FAQs.



- Good physical condition and sure-footedness



- Best health



- Good, stable, broken-in, closed hiking or trekking shoes with a good profile (no open hiking sandals or barefoot shoes!)



- at least 1.5 / 2 liters of water per person



- Hiking backpack + leave a little space for the picnic



- Sun protection / sun cap



- Wind and rain protection



- Snacks such as fruit, nuts, granola bars



- Possibly telescopic hiking poles



- Blister plaster



- Keep your cell phone or camera handy for the best photo opportunities



- Please be at the meeting point "Hiking Shop" 10 minutes before departure so that we can all start the hiking day relaxed

Vamonos!