



What do you need for mountain hiking?

- o Sturdy shoes
- o Hiking trousers
- o Fleece jacket or sweater
- o Snack and beverages
- o Rainjacket
- o Sun glasses
- o Sun protection products
- o Trekking poles (as desired)
- o Depending on the season: cap and gloves
- o Digicam or camera
- o Money