VERTICE

You deserve to live it / ***Mereces vivirlo***

WHAT TO WEAR ON THE TREKKING CIRCUITS

For trekking:

- Backpack (35-50 liters, for personal gear).
- Waterproof trekking boots (we recommend high-ankle boots to avoid injuries).
- Waterproof jacket and pants (cotton and wool take too long to dry and won't keep you warm during active days).
- Fleece jacket or similar.
- Fleece or wool hat, ideally covering the ears.
- Down jacket for warmth. Best used in dry conditions, as it is not intended for heavy precipitation
- Buff or neck gaiter.
- Mini crampons.
- Trekking poles.
- Trekking pants.
- Trekking socks.
- Small First aid kit.
- Gloves.
- Sunglasses.
- Cap or visor for the sun.
- Sunscreen, SPF 30+ minimum.
- Lip balm with sun protection.
- Water bottle (750 CC or 1 liter). *River and stream water is drinkable, as long as they are located far from camping sites, so it is not necessary to boil, filter, or chlorinate it.

Technical layering system:

- 1st layer: Base layer (thermal underwear).
- 2nd layer: Mid layer (fleece).
- 3rd layer: Insulation layer (down jacket).
- 4th layer: Outer shell (waterproof jacket and pants).

For afternoons in camp/refuges:

- A change of clothes to wear after the day's hike.
- Sandals or similar for showers and for wearing indoors at the refuges.
- Extra socks and underwear.
- Toiletries.
- Padlock for the lockers in the refuges.
- Quick-dry travel towel.
- Headlamp with spare batteries.

KNOW YOUR ROUTE AND EXACTLY WHERE YOU ARE!

Get your georeferenced map by scanning the QR code.