

# Summer holiday packing list

## Beach holiday

- Beach towel or bath towel
- Swimwear
- Bathing shoes or flip-flops
- Sandals
- Beach games
- Sun hat

## Hiking gear

- Hiking shoes and hiking socks
- Hiking trousers and sports top
- Backpack with hip belt and rain cover
- Hiking map
- If necessary, walking sticks
- Cap or sun hat
- Drinking bottle and lunch box
- Energy bars
- Rubbish bags
- Survival blanket

## For bigger tours

- Crampons and gaiters
- Hat and gloves
- Climbing harness, rope and accessories
- Climbing helmet
- Sleeping bag and hut shoes
- Plastic bags that can be closed tightly

