

My packing list for the hike through Austria

Food

Lunch for four days
Snacks

Clothes and boots

High quality hiking boots that support your feet on the stony underground
2 Merino wool t-shirts
Underwear
Shell jacket
2 x shell trousers
Fleece jacket
Neckwarmer
Rain trousers
Shorts
Sport bras
Sandals (for the cabins)

Electronics

GPS
Cell phone
Powerbank for cell phone
Charger for cell phone
Head lamp

Personal papers

Passport
Currency
Credit card
Health Insurance Card
European Health Insurance Card (for EU
Citizens)

Personal hygiene, medication and first aid kit

- Toothbrush
- Toothpaste
- Shampoo
- Painkilling medication
- Personal medication
- Sunscreen
- Toilet paper
- Hand disinfectant
- Sanitary towels / tampons
- Small towel
- First aid kit

Other gear

- Sleeping bag liner
- Physical card
- Hiking poles
- Hydration pack
- Ear plugs for the cabins