

PACKING LIST

Clothes

(temperature in the Swiss mountains can vary from 0-28 °C in summer)

We generally suggest to bring/wear comfortable clothes and shoes. You will be out in the nature most of the time.

- Long pants
- Short pants
- Warm clothing e.g. fleece sweater
- T - shirts (short and long-sleeved)
- Warm jacket (it can be very cold even in summer)
- Windbreaker and rain protection
- Walking or hiking boots / mountain shoes (high = protecting ankles)
- Slippers + Sneakers
- Gloves, maybe additional working gloves
- Headgear (hat and sun hat / cap)

Health

- Prescribed medication or very special nutrition you need to have
- Sunscreen / sunglasses / sun hat
- Information concerning own allergies and health issues

Miscellaneous

- Cash, Swiss Francs/CHF (no bank/ATM in the village/valley)
- International insurance card / proof of insurance (health, accident)
- Power adapter for Switzerland / multi-contact plug
- Notebook / Laptop (specifically required for theory/education workshop)
- Backpack (10 - 20 l – space for lunch and spare clothes)
- Drinking bottle
- Personal utensils, toiletries, if needed: ear plugs
- Maybe a game from your country
- Photo Camera
- Pocketknife
- If available: first aid kit