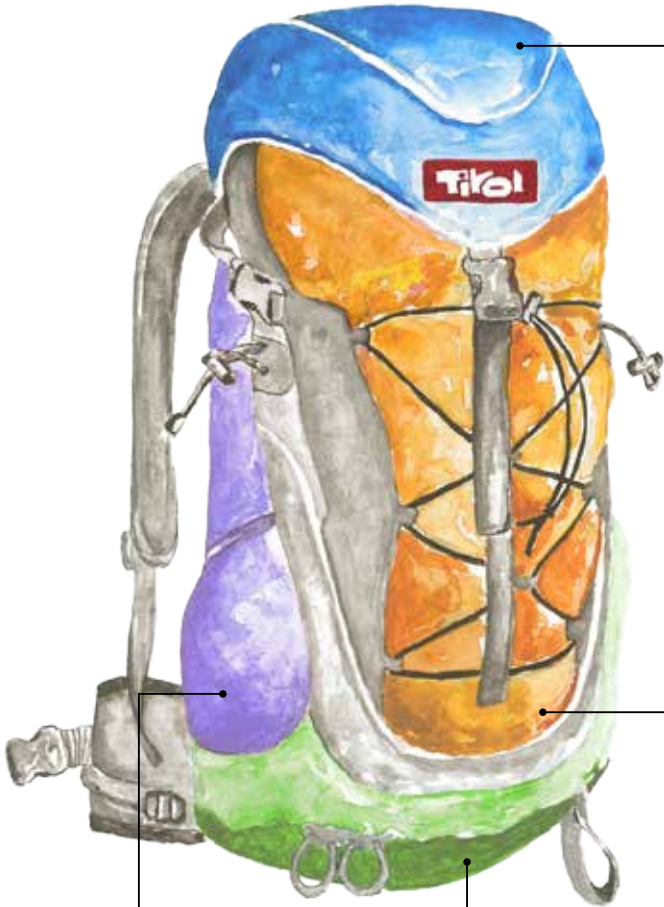


# Rucksack for multi-day hikes

*Packing checklist*



- Top pocket**
- Hiking map
  - Blister plasters
  - Fully charged mobile phone and charger (emergency phone numbers: mountain rescue 140, European emergency service 112)
  - Pocket knife
  - Cash
  - Alpine club membership card

- Front**
- Small snack (e.g. musli bar, etc.)
  - Drink bottle
  - Sun protection (sun cream, sunglasses, cap, etc.)

- Centre/back**
- Functional shirt
  - Rain jacket
  - Fleece jacket
  - Optional (depending on weather): waterproof trousers and small umbrella
  - First aid kit
  - Warm jacket

- Bottom**
- Bivouac sack
  - Gloves and warm hat
  - Headlamp
  - Toiletries
  - Waterproof bag for valuables
  - Underwear
  - Sleeping bag liner
  - Towel
  - Hiking socks