



List of recommended items for participants to bring for day hikes or treks:

- Appropriate mountain hiking shoes :avoid hiking sandals (or put them in your backpack as a spare)
- Walking sticks (advisable) (rubber tips top choice)
- Backpack (For guidance: maximum 30 liters (10 kg max) for day hikes, 40 to 50 liters (12 kg max) for treks)
- Sun protection: sunglasses, hat or cap, sunscreen.
- Cold and rain: hat and gloves, rain protection clothing, warm clothes.
- Regular hiking clothes, change of clothes for treks.
- Headlamp for nights in mountain refuges (with new or/and recharged batteries)
- Personal medications and related prescriptions, knee brace, ankle brace...
- Water bottle (minimum 1.5 liter) .
- Survival blanket and whistle.
- Toilet paper
- Containers for picnic and picnic food .
- Energy foods (besides meals) like energy bars.

And also :

- Personal emergency information sheet and first aid kit (see below)
- Sheet with phone numbers of the supervisors
- ID, Health Insurance Card (France) or European Health Insurance Card.
- Alpine Club card or reciprocal association, if you are a member, for FFCAM mountain shelters.
- **Cash** for lodging in mountain refuges, picnic, and personal expenses (minimum €80 per night, so €160 if 2 nights) and small change for carpooling .
- Others...

Hiker's first aid kit (for information purposes):

- Painkillers such as paracetamol
- Set of waterproof, pre-cut plasters of various sizes,
- Second skin" plasters to protect blisters
- Soothing cream for insect bites;
- Individually wrapped sugar packets
- Tick remover
- Survival blanket
- Sterile saline solution doses for eye-washing
- Several surgical masks
- Anti-diarrheal (like Imodium)

In addition to these items, the hiker **MUST** also bring their usual and emergency medications (allergies, stings...) for the duration of the hike.

Have your current prescription and completed personal emergency information sheet with you.

No medication will be provided by a third party.

Any medication is taken exclusively under the responsibility and initiative of the user.

Important information

The SERVAS guide and the rear guard are volunteers: Thanks to respect them and listen to their advice. If a person does not follow the given instructions (for example: someone going ahead), then they are no longer part of the organised hike by SERVAS' France.