

PACKING LIST – DOLOMITES HUT

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your hut-to-hut adventure in the Dolomites. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Dress for the Weather

Be prepared for a range of weather, and dress in layers. In the summer, expect mainly warm (sometimes hot!) sunny days, and a few rainstorms. Please note the potential for either warmer or cooler days – weather in the mountains is always unpredictable! You'll want to bring sturdy hiking boots that are broken in and hiking poles are highly recommended.

Luggage Restrictions

Your larger 60-70L bag should be soft-sided. Wheels are OK. Please try to pack lightly – in many of the huts, the sleeping accommodations are upstairs, and you'll need to carry your luggage up the stairs.

Special Gear

The huts you are staying in are quaint and rustic. A pillow and wool blanket will be provided, but please bring your own pillowcase, a liner, and a towel. The huts have common bathrooms, and some huts limit your showers to a few minutes.

PACKING CHECKLIST

Clothing & Gear

- Daypack (30-40L) – we recommend one comfortable and large enough to carry your extra layers, rain gear, water, camera, snacks, sunscreen
- Daypack cover or liner (a simple plastic garbage bag works great!)
- Large backpack or duffel (60-70L) – this should be soft-sided; wheels OK
- 1 sleeping bag liner
- 1 pillowcase
- 1 pair of telescopic trekking poles
- 1 pair of hiking boots with ankle support (make sure these are broken in!)
- 1 medium-weight fleece, sweater, or down jacket
- 1 lightweight fleece, sweater, or down jacket
- 1 waterproof/breathable rain jacket (GoreTex suggested)
- 2-3 short sleeve shirts (quick-dry recommended)
- 1-2 long sleeve shirts (quick-dry recommended)
- 2-3 pairs of pants (quick-dry recommended for hiking) / Pro tip: zip-off pants that can turn into shorts are a great option!
- 1 pair of shorts (quick-dry recommended)
- 3-5 pairs of good wool socks
- Optional sock liners
- Hat for sun protection
- Sunglasses with UV protection
- Underwear & bras
- Optional pair of slippers or comfortable footwear for the evening
- Sleepwear

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- Water bottle(s) or bladder – 2 to 4L capacity
- 1 towel for a very short shower at the huts (3 minutes max per guest)
- Face/body wipes
- 1 or 2 casual outfits for any pre- or post-trip activities (optional)

AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, travel insurance policy number) and money
- 2 spare passport photos (in case of lost passport)
- Optional locks for your luggage
- Optional travel alarm clock with spare batteries
- Optional Headlamp with spare batteries
- Optional camera, memory cards, battery charger
- Plug adapter(s) – an international adapter is best – Italy is 2 prong/230 volt. Outlets in the huts are very limited.
- Power bank (optional)
- Optional spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Hand wipes/hand sanitizer
- Toiletries: soap, shampoo, and conditioner; toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- Earplugs – we recommend silicone earplugs
- Optional assorted stuff sacks and bags – consider bringing nylon or silicone bags to reduce the use of disposable plastics
- Reading material/journal and pens

Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Personal epi pen – if you need one, don't forget to pack it!
- Seasick/airsick medication (if prone to sea sickness)
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets – helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.