

PACKING LIST - DOLOMITES

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 Dolomites the climate is chilly and temperate, with rainfall throughout the year. In the summer, expect mainly sunny days, and a few rainstorms. Please note the potential for either warmer or cooler days - weather in the mountains is always unpredictable!

- July: low 45°F / high 70°F
- August: low 45° F / high 70° F
- September: low 40° F / high 55°-60° F

Luggage Restrictions

Your larger 60-70L bag should be soft-sided. PLEASE NOTE: your luggage will be transported for you each day except days 4 & 5. There is no luggage transport available to/from the Wolayersee Refuge. Please be prepared to carry everything in your daypack on days 4 and 5. We suggest re-wearing the same outfit, and just bringing rain gear, one warm layer, hat/gloves, 1 pair of underwear and socks, pillowcase, your toiletries, and your sleeping bag.

Special Gear

The huts you are staying in are quaint and rustic and only have paper sheets. Please bring a lightweight sleeping bag or warm liner so you can stay warm and comfy at night! Pillows will be provided, but please bring your own pillowcase and a towel.

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
- 1 lightweight sleeping bag (rated 40°F)
- 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)

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- 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
- 1 bathing suit
- Hat for sun protection
- Sunglasses with UV protection
- Underwear & bras
- 1 pair of comfortable shoes for the evenings
- Optional pair of slippers
- Sleepwear
- Water bottle(s) or bladder - 2L capacity
- 1 towel
- 1 or 2 casual outfits for any pre- or post-trip activities (optional)
- Masks/face coverings

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
- Headlamp with spare batteries
- Optional camera, memory cards, battery charger
- Plug adapter(s)
- 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

If you prefer to buy a complete kit, we recommend the [Smart Travel first aid kit](#).