



VALHALLA MOUNTAIN TOURING

SUMMER PACKING LIST

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- DAYPACK - *20-30 Litres is a good size*
 - HIKING POLES
 - HIKING BOOTS - *waterproofed and already worn in*

 - BASIC FIRST AID KIT - *don't forget the blister pads*
 - WATER BOTTLES - *we recommend you can carry at least 2L per person*

 - SUNSCREEN
 - SUNGLASSES
 - BUG SPRAY
 - NAVIGATION AIDS - *map, compass, GPS etc*
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- TOWEL - *for showering/hot tub/sauna*
 - YOGA MAT - *or foam roller*
 - HEADLAMP
 - PERSONAL ELECTRONICS - *camera/laptop/iPad/ phone. There is limited wifi available if required (no streaming).*

 - BOOKS
 - MUSICAL INSTRUMENTS
 - PERSONAL TOILETRIES
 - ADDITIONAL BEVERAGES - *alcohol or your favourite soft drinks*
 - CASH - *US or CAD. For gratuities and purchasing VMT merchandise*
- RAIN JACKET
 - RAIN PANTS
 - LONG SLEEVE SHIRT - *good for sun and bug protection*
 - HIKING PANTS - *synthetic fabric recommended*
 - HIKING SHORTS
 - SHIRTS - *merino or synthetic recommended*
 - HIKING SOCKS
 - SWEATER or PUFFY JACKET - *in case of cool evening temps*
 - CASUAL CLOTHES - *to wear around the lodge*
 - PYJAMAS
 - INDOOR SHOES - *or slippers*
 - BATHING SUIT - *for the hot tub & sauna*

