# Packing list for the *Nock Mountains*

To tick off before you leave. At 1,350 m the evenings are cool, even in summer. The empty lines are for the things only you need.

## For the mountains

- [ ] Sturdy shoes for hiking
- [ ] Light rain cover
- [ ] Daypack
- [ ] Hat or cap
- [ ] Sunscreen SPF 50+
- [ ] Small first-aid kit
- [ ] Hiking map or Carinthia app
- [ ] Binoculars
- [ ] Snack and water bottle
- [ ] .....
- [ ] .....

## For winter

- [ ] Ski jacket and ski trousers
- [ ] Helmet and goggles
- [ ] Gloves, hat and scarf
- [ ] Thermal base layers
- [ ] Ski socks
- [ ] Winter boots with good grip
- [ ] Sunscreen and lip balm
- [ ] Skis or board, boots and poles
- [ ] Thermos flask
- [ ] .....
- [ ] .....

## For children

- [ ] Cuddly toy or favourite blanket
- [ ] Change of clothes
- [ ] Wellies and waterproof trousers
- [ ] Sun hat and UV shirt
- [ ] Sling or carrier for little ones
- [ ] Board games or card games
- [ ] Colouring book and pencils
- [ ] .....

## For the dog

- [ ] Pet passport
- [ ] Usual food and bowls
- [ ] Lead and harness
- [ ] Poo bags
- [ ] Towel for wet paws
- [ ] Favourite toy
- [ ] .....
- [ ] .....

# Everything *else*

Clothes, toiletries and papers. Bed linen and towels are already there.

## Clothes

- [ ] Light, breathable shirts
- [ ] Comfortable trousers
- [ ] Warm jumper or fleece jacket
- [ ] Rain jacket or windbreaker
- [ ] Pyjamas
- [ ] Underwear and socks
- [ ] Swimwear
- [ ] Slippers
- [ ] .....
- [ ] .....

## Toiletries

- [ ] Toothbrush and toothpaste
- [ ] Hairbrush or comb
- [ ] Shower gel and shampoo
- [ ] Sunscreen and after-sun
- [ ] Tick remover
- [ ] Plasters and disinfectant
- [ ] Personal medication
- [ ] .....
- [ ] .....

## Tech

- [ ] Phone and charging cable
- [ ] Power bank
- [ ] Headphones
- [ ] Camera
- [ ] Earplugs and travel pillow
- [ ] .....

## Papers

- [ ] ID card or passport
- [ ] European Health Insurance Card
- [ ] Driving licence and vehicle registration
- [ ] Booking confirmation
- [ ] Copies of important documents
- [ ] .....