



Hiking the Gastlosen Mountain Range Equipment List

It's important to choose the right equipment for any outdoor adventure. This list is designed to help you make smart decisions about the gear you take on your course. When you arrive, your instructors will look through the equipment you've brought and help you decide what to take into the field. We've made every effort to ensure that this equipment list is reflective of what you will need on your course, but your actual needs will vary depending on season and instructor judgment.

How to Use This List

Items under the **required** heading are items that you **must** bring yourself. There's the possibility to purchase items in Gstaad if you forget any of the required items. Items under the **optional** heading are not required, and you may bring them depending on your needs. Please note that personal underwear is not listed and amount depends on your personal needs.

For advice call 0041 33 748 41 61 or mail to info@olcs.ch

Upper Body Clothing	
A layer system provides optimum insulation and protection from the elements. Synthetic and wool fibres' have the advantages to insulate when wet and dry easily.	
Equipment	Notes
Required Items	
Base layer (long underwear)	Two mid-weight underwear top made of wool, polypropylene
Middle layer	Fleece top
Top Layer	A warm, synthetic (e.g. primaloft) or light down jacket that fits over your base layers. Please note that down requires extra care in wet conditions.
Rain Jacket	Bring a waterproof, breathable rain jacket. A breathable fabric such as Gore-Tex is acceptable. Needs to fit over all your insulating layers. Make sure hood fits over climbing helmet.
Shirts	Bring 2-3 polyester t-shirts for your climbing days
Our advice: Bring the layers you think might work. Our instructors will advise you on the	



ideal combination for your course and weather conditions.	
Lower Body Clothing	
Equipment	Notes
Required Items	
Base layer (long underwear)	This insulating layer should be made of polypropylene, wool or Capilene®. Cotton and cotton blends are not acceptable.
Hiking Pants	Comfortable cotton, nylon, or polypro pants.
Rain Pants	Waterproof and breathable pants in conjunction with a rain jacket. A breathable fabric such as Gore-Tex is acceptable. Breathable rain pants can also double as wind pants.
Head, Neck and Hands	
Equipment	Notes
Required Items	
Hat	A lightweight warm wool or fleece hat
Sun hat	A baseball cap, wide-brimmed sun hat, or visor to protect your face and ears from the sun
Gloves	Lightweight wool or fleece gloves
Bags	
Equipment	Notes
Required Items	
Backpack	A large (45-60l) backpack to carry your personal and group equipment to base camp in the mountains.
Optional Items	
Stuff sacks	Nylon or mesh sacks of different to organize items in base camp
Plastic Trash Bags	One to two heavy-duty trash compactor bags to help waterproof items in your base camp bag or climbing day pack
Our advice: If you decide to bring your own sleeping bag, get rather a 60l backpack.	
Sleeping	
Equipment	Notes
Required Items	
None	Mountain huts provide duvets and pillows in bunk beds, in some cases basic blankets.
Optional	



Sleeping bag	We recommend either a synthetic or down bag with a -5 – 20°C temperature rating
Our advice: If you struggle to sleep under a basic blanket, bring your own sleeping bag.	
Foot wear	
Equipment	Notes
Required Items	
Hiking boots	You will need good support from your hiking boots to scramble to and from the cliff. Mid-cut models will give you enough support and keep your feet dry on rainy days.
Camp/Approach shoes	A comfortable pair of running shoes or approach shoes to wear around camp.
Socks	4-5pairs of Socks. Must be heavy wool or heavy wool/synthetic blend.
Miscellaneous Items	
Equipment	Notes
Required Items	
Water Bottle	Two 1liter bottles with a wide mouth.
Adjustable hiking Poles	They will support your balance and take stress off your body. Make sure they are adjustable.
Sunscreen	SPF 30 or greater
Sunglasses	Good-quality sunglasses with 100-percent UV protection; lenses should be dark. If you wear prescription lenses and have limited vision without them, bring your own prescription sunglasses or a pair of clip-on polarized shades.
Headlamp	Durable and lightweight LED Headlamps are best. Bring spare batteries
Toiletries	Travel size toothbrush, toothpaste, comb, brush, skin lotion, tampons, etc
Watch	A watch with an alarm is a necessary item
Notepad and Pen	For taking notes, small and lightweight.
Town clothes	Bring two sets of comfortable clothing that you can travel in—jeans, shorts, t-shirt, sweatshirt, etc. You can also bring these comfortable cotton clothes to wear in the evenings in the field
Towel	Lightweight travel towel
Optional	



Pocket knife	e.g. Swiss Army knife
Book	Whatever you enjoy.
Provided by OLCS - Group Equipment	
Group equipment is included as part of the course tuition; however, students will be charged for any lost or damaged group equipment.	
Maps and compass Reference books First aid kit	