



TREKKING EQUIPMENT

This list indicates the minimum, mandatory and recommended trekking equipment for all participants in the photo trekking by Delphicaphoto.

Any changes or additions are reported on the pages dedicated to individual photographic treks on the website www.delphicaphoto.com www.delphicaphoto.com

ONE DAY PHOTO TREKKING

REQUIRED TREKKING EQUIPMENT SPRING/SUMMER

- Camera backpack with a capacity of 40 liters, which can contain your photographic equipment and everything you need for trekking
- Trekking boots or trail running shoes in good condition, already used and preferably equipped with a breathable and waterproof membrane (Goretex or other)
- Trekking t-shirt and technical trousers
- Spare technical shirt
- Lightweight fleece
- Technical trekking socks
- Technical top for women
- Windproof and rainproof jacket with hood or waterproof cape
- Hat and, in case of strong wind, a hat and gloves
- Sun glasses
- Protective sun cream
- Water bottle of at least 1.5-2 liters
- Headlamp with charged battery
- First aid kit

RECOMMENDED TREKKING EQUIPMENT SPRING/SUMMER

- Neckband or bandana
- A change of clothing to take with you and possibly one to leave in the car
- Trekking poles
- Rain cover
- Lip balm with sun protection factor
- Multi-purpose knife
- Altimeter and compass
- Dry bag
- Whistle
- Small foam mat

REQUIRED TREKKING EQUIPMENT AUTUMN/WINTER

- Camera backpack with a capacity of 50 liters, which can contain your photographic equipment and everything you need for trekking
- Trekking boots or trail running shoes in good condition, already used and equipped with a breathable and waterproof membrane (Goretex or other). In the case of trails on the snow: after-ski shoes suitable for snowshoes
- Technical winter trekking shirt and trousers
- Warm fleece
- Technical winter trekking socks
- Technical top for women
- Down jacket or breathable warm jacket
- Windproof and rainproof jacket with hood or waterproof cape
- Cap and gloves
- Trekking poles
- Crampons and, if required, snowshoes
- High protection sunglasses
- 1 liter water bottle
- 0.5-1 liter thermos with hot drink
- Headlamp with charged battery
- Recco® device
- First aid kit

RECOMMENDED TREKKING EQUIPMENT AUTUMN/WINTER

- Neck warmer band
- Softshell
- A change of clothing to take with you and possibly one to leave in the car
- Rain cover
- Gaiters
- Protective sun cream
- Lip balm with sun protection factor
- Multi-purpose knife
- Altimeter and compass
- Hand and foot warmers
- Dry bag
- Whistle
- Small foam mat



TWO OR MORE DAYS PHOTO TREKKING

REQUIRED TREKKING EQUIPMENT SPRING/SUMMER

- Photo backpack with a capacity of 50 liters, which can contain your photographic equipment and everything you need for trekking
- Trekking boots or trail running shoes in good condition, already used and preferably equipped with a breathable and waterproof membrane (Goretex or other)
- Trekking t-shirt and technical trousers
- Spare technical shirt
- Lightweight fleece
- Technical trekking socks
- Technical top for women
- Windproof and rainproof jacket with hood or waterproof cape
- Hat and, in case of strong wind, a hat and gloves
- Sun glasses
- Protective sun cream
- Water bottle of at least 1.5-2 liters
- Headlamp with charged battery
- Sleeping bag for overnight stay in the refuge
- Slippers, change of clothes and linen for the overnight stay in the mountain shelter
- First aid kit

RECOMMENDED TREKKING EQUIPMENT SPRING/SUMMER

- Neckband or bandana
- A change of clothing to take with you and possibly one to leave in the car
- Trekking poles
- Rain cover
- Lip balm with sun protection factor
- Multi-purpose knife
- Altimeter and compass
- Dry bag
- Whistle
- Small foam mat

REQUIRED TREKKING EQUIPMENT AUTUMN/WINTER

- Photo backpack with a capacity of 60 liters, which can contain your photographic equipment and everything you need for trekking
- Trekking boots or trail running shoes in good condition, already used and preferably equipped with a breathable and waterproof membrane (Goretex or other). In the case of trails on the snow: after-ski shoes suitable for snowshoes.
- Technical winter trekking shirt and trousers
- Warm fleece
- Technical winter trekking socks
- Technical top for women
- Down jacket or breathable warm jacket
- Windproof and rainproof jacket with hood or waterproof cape
- Cap and gloves
- Trekking poles
- Crampons and, if required, snowshoes
- High protection sunglasses
- 1 liter water bottle
- 0.5-1 liter thermos with hot drink
- Headlamp with charged battery
- Sleeping bag for overnight stay in the refuge
- Slippers, change of clothes and linen for the overnight stay in the mountain shelter
- Recco® device
- First aid kit

RECOMMENDED TREKKING EQUIPMENT AUTUMN/WINTER

- Neck warmer band
- Softshell
- A change of clothing to take with you and possibly one to leave in the car
- Rain cover
- Gaiters
- Protective sun cream
- Lip balm with sun protection factor
- Multi-purpose knife
- Altimeter and compass
- Hand and foot warmers
- Dry bag
- Whistle
- Small foam mat