



REGULATION FOR PARTECIPATION IN THE PHOTO TREKKING OF DELPHICAPHOTO

THE PHOTO TREKKING REFERRED TO THIS REGULATION ARE DESIGNED, ORGANIZED AND GUIDED BY THE PHYSICAL PERSON
YLENIA CANTELLO HEREINAFTER CALLED DELPHICAPHOTO

FIRST SECTION GENERAL REGULATION

DECLARATION OF RESPONSIBILITY

- ART. 1) Each participant is required to know and accept in full and without conditions this Regulation for participation in the photo trekking of Delphicaphoto (hereinafter referred to as the "Regulation"). Delphicaphoto takes care of the application and observance of all the rules of this Regulation by each participant. This Regulation can be consulted at the page <https://www.delphicaphoto.com/photo-trekking-regulation/> where it can be downloaded in .pdf format.
- ART. 2) The voluntary registration and the consequent participation in the photo trekking indicate the full acceptance of this Regulation and any changes made thereto. Participants are invited to periodically check this Regulation to become aware of the changes. By registering, each participant exonerates Delphicaphoto from any liability, both civil and criminal, for damage to persons and/or property caused by her/him or derived from her/him.
- ART. 3) By accepting this Regulation, each participant is aware that trekking in a mountain environment can involve risks and dangers and is aware of the exposure to these risks and the possible consequences that could result from them.
Therefore, each participant:
- declares under his own responsibility to have good hiking skills, to be in good health and in a psychophysical condition suitable for the practice of photo trekking;
 - exonerates Delphicaphoto from any responsibility for events that may happen to it in breach of the rules of this Regulation and the directives given by Delphicaphoto.

GENERAL INSTRUCTIONS FOR PARTICIPATION IN THE PHOTO TREKKING

- ART. 4) Participation in the photo trekking is allowed only to adults.
- ART. 5) The maximum number of participants may vary according to the type of photo trekking, but remains limited to a small number of people, and is indicated on the pages dedicated to each trekking on the website www.delphicaphoto.com.
If the number of registrations is higher than the established one, Delphicaphoto contacts the interested parties and proposes that they be included, with priority, in the list of participants on a new date for the same trekking they had registered for. In any case, the booking order will be followed.
- ART. 6) The participation fee for the photo trekking includes:
- the service of conducting along the route (Delphicaphoto is a [qualified trekking instructor](#));



- b) training activities in naturalistic and landscape photography techniques during the photo trekking;
- c) one hour of individual and personalized online post-production tutoring and consultancy, to be used within one month of the conclusion of the photo trekking;
- d) the compulsory personal insurance policy valid during the photo trekking;
- e) dinner, bed and breakfast service at a mountain hut in the case of photo trekking lasting several days.

The participation fee does not include:

- a) any other ancillary service by Delphicaphoto;
- b) additional hours of online tutoring and consultancy on post-production after the conclusion of the photo trekking;
- c) the movements to and from the place of departure of the trekking;
- d) drinks consumed in the mountain hut;
- e) the rental of the necessary hiker and/or photographic equipment not owned and the payment of expenses for any damage;
- f) any personal expenses incurred by the participant.

ART. 7) The balance of the photo trekking is generally made on the same day of the trekking directly to Delphicaphoto before departure.

Participants can choose the payment method they prefer.

Delphicaphoto accepts electronic POS (Point of sale) payments made with debit or credit cards featuring the Visa, Visa Electron, V Pay, Mastercard, Maestro, American Express, Diners Club, Discover, Union Pay logo, as well as NFC payments via Google Pay and Apple Pay.

If the participants cannot make the payment in the aforementioned methods, they can agree in advance with Delphicaphoto a different method (for example by bank transfer).

ART. 8) Each participant is provided with a paper badge - to be kept in view during the trekking - which shows his name, the date and place of the photo trekking, Delphicaphoto's logo and phone number.

INSURANCE COVERAGE

ART. 9) Each participant in the photo trekking is covered by a personal insurance policy, valid only for the duration of the trekking under the management of Delphicaphoto.

This insurance policy is compulsory and:

- protects the participant from accidents and injuries that may occur during the trek, including search, rescue and rescue even by helicopter;
- provides for civil liability coverage for any physical and material damage that the participant may cause to third parties.

Each participant is aware that events that may occur in breach of the provisions given by Delphicaphoto and outside of its guidance, are under their own responsibility.

RIGHTS TO THE IMAGE

ART. 10) Each participant is aware of the fact that Delphicaphoto and the other participants can film him in video and/or photos during the photo trekking.

Participation in the trekking implies, for each participant, the release for free use, without territorial and time limits, of their image by Delphicaphoto on the website www.delphicaphoto.com, in magazines, books and promotional materials, respecting the personal dignity and decorum of the person being photographed (articles 96 and 97 of Italian Law n. 633/1941).

This authorization effectively frees Delphicaphoto and the other participants from any future claims and disputes in this regard. If one or more participants wish not to be filmed in video and/or photos, they can exercise their right to an image by presenting it to Delphicaphoto before the start of the trekking.



REGISTRATION FOR THE PHOTO TREKKING

- ART. 11) Each participant, before registering for the photo trekking, must be aware of the technical difficulties, assess their health and psychophysical conditions, and be in possession of the minimum necessary hiking and photographic equipment.
- ART. 12) Each participant signs up for the photo trekking in personal form by filling out the form dedicated to each trekking on the website www.delphicaphoto.com.
Each participant at the time of registration accepts the Privacy Policy, available on the website www.delphicaphoto.com, and this Regulation.
- ART. 13) Each participant is required to register for the photo trekking within the terms specified in the web pages of each trekking on the website www.delphicaphoto.com.
If the already registered participant is unable to take part in the photo trekking, he is required to promptly notify Delphicaphoto, in order to allow other interested persons to register.
- ART. 14) Each participant registered with the CAI (Italian Alpine Club) can take advantage of the discounts provided by the agreements with the shelters in the case of participation in photo trekkings that include dinner, overnight stay and breakfast in the mountain hut. This discount is applied by Delphicaphoto directly to the registration price for the photo trekking.
- ART. 15) The personal data of the participants necessary to register for the photographic trek are acquired and processed by Delphicaphoto in compliance with the GDPR (General Data Protection Regulation) of the European Union n. 2016/679, i.e. the European Regulation on the protection of personal data, in the manner and for the purposes available in the [Privacy Policy](#).

MAIN OBLIGATIONS OF PARTICIPANTS

- ART. 16) Each participant is required to respect the departure time, the appointments and the scheduled times for the various phases of the photo trekking.
- ART. 17) Each participant must maintain a respectful, collaborative and constructive behavior with the other participants in the trekking being aware that there may be differences in the level of photographic and hiking preparation between the various members.
- ART. 18) Each participant is required to observe the decisions made by Delphicaphoto and abide by its provisions regarding the organization and conduct of the photo trekking.
Delphicaphoto has the right, at any time and at its sole discretion - to protect the safety and well-being of one or more participants, in the event of contingent needs not dependent on its will, or adverse weather conditions - to make changes to the program and/or itinerary of the photo trekking (including the early return of the group) or cancel and postpone the same, without this generating any compensation for the participants on Delphicaphoto and without giving rise to any type of refund.
Should one or more participants decide to contravene the instructions given by Delphicaphoto during the trekking, they assume all risks deriving from this action and release Delphicaphoto from any responsibility in this regard.
- ART. 19) Each participant is required to respect the environment in which he is located, taking care to know in advance any specific laws or regulations relating to the place where the trekking takes place.
Each participant is also required to: do not light fires, do not cause disturbance to the fauna and avoid noises, do not damage in any way the flora, the places of geological and cultural interest, any form of



public or private artifact and anthropogenic structure present on the territory crossed, respect the local populations and their customs and traditions.

Each participant takes their waste back downstream.

ART. 20) Each participant is required to comply with the regulations and implement good education standards within the shelters and in their areas of relevance.

TIME, DURATION, BAD WEATHER AND MEANS OF TRANSPORT

ART. 21) Each participant must show up on the day of the photo trekking at the place and time established in the trekking program. After fifteen minutes from the established meeting time, the group of participants is considered complete.

Should any changes in place or time become necessary, each participant receives prompt communication from Delphicaphoto and adapts to the new provisions. If the participant cannot reach the starting point of the trekking at the established time, or within a maximum time of fifteen minutes, he must promptly notify Delphicaphoto, which reserves the right to exclude the participant from the trekking. In case of exclusion there are no refunds of any kind.

ART. 22) Each participant personally takes care, at their own expense and under their own responsibility, to reach the starting point of the photo trekking, and also takes care of the relative return to their home. Delphicaphoto is not responsible for any accidents and/or injuries that may occur to participants along the path they take to reach the meeting place.

If the participant has difficulty in reaching the place of departure established, as he does not have his own or rented vehicles, or is unable to use public or other means of transport, he is required to inform Delphicaphoto of his situation as soon as possible, in order to find the best solution, also heard the other participants in the trekking who would like to be available to accompany the person concerned.

Each participant is aware that the duration of the photo trekking may vary due to the conditions of the participants, the weather situation, extraneous causes beyond the control and organization of Delphicaphoto.

ART. 23) In case of bad weather that occurs before the start of the photo trekking and may affect its performance, Delphicaphoto has the right to decide, at her sole discretion, on any change in the place and time of departure, even partial modification of the trekking itinerary, or its cancellation and postponement to another date, promptly giving notice to each participant, without this generating any compensation from the participants on Delphicaphoto.

If participants have already paid the participation fee for the photo trekking, Delphicaphoto refunds them the corresponding sum, in the ways that will be agreed.

There are no other types of refunds or compensation.

If the photo trekking is postponed, Delphicaphoto offers participants the opportunity to be registered in a new list for a subsequent trekking of the same duration on the date that will be communicated later.

ART. 24) In case of bad weather that occurs during the photo trekking and may affect its continuation, Delphicaphoto has the right to decide, at her sole discretion, to modify, even partially, the itinerary of the trekking or to cancel it and postpone it to another date, without this generating any compensation from the participants on Delphicaphoto and without giving rise to refunds or other compensation.

If the photo trekking is postponed, Delphicaphoto offers participants the possibility to be registered in a new list for a subsequent trekking of the same duration on the date that will be communicated later.

In case of cancellation and postponement of the photog trekking, if the participants choose to be registered in the new aforementioned list, Delphicaphoto:

- a) not ask for any participation fee for the next replacement photo trekking, if bad weather occurred on the way out;



- b) apply a reduction on the participation fee for the next replacement photo trekking, if bad weather occurred on the way back.

If the participants choose, for any reason, not to be registered in the subsequent replacement photo trekking, they release Delphicaphoto from any obligation towards them.

Should participants choose, for any reason, not to take part, after registration, in the subsequent replacement photo trekking, they are not entitled to any refund or other compensation.

HEALTH CONDITIONS, TREKKING AND PHOTOGRAPHIC EQUIPMENT

ART. 25) Each participant is responsible for his/her own health and safety.

ART. 26) Each participant is responsible for any risky behavior for himself/herself and for others (members of the group or people met during the trekking), in particular if he/she should take personal initiatives despite the contrary opinion of Delphicaphoto. In this case the participant releases Delphicaphoto from any responsibility.

ART. 27) Each participant is responsible for his/her own trekking and photographic equipment and cannot attribute to Delphicaphoto any damage deriving from his own carelessness or negligence.

ART. 28) Each participant must come to the photo trekking in a state of good health and in a psychophysical condition suitable for tackling the trekking. Before the departure of the photo trekking, Delphicaphoto reserves the right to exclude, for the protection of the safety of the person concerned and/or other participants, those who are not deemed suitable to tackle the trekking due to poor physical health and/or unsuitable psychophysical conditions.

ART. 29) Each participant must come to the photo trekking equipped with clothing and hiking equipment appropriate to their physical needs, the season and the type of trekking. The mandatory and recommended hiking equipment for participation in the trekking is indicated in Attachment 1 of these Regulations and on the presentation page of the photog trekking on the website www.delphicaphoto.com and can be downloaded there in .pdf format. Delphicaphoto communicates via e-mail to each participant any additional hiking equipment necessary for the trekking.

If the participants need clarification regarding the difficulty of the trek or the hiker equipment, or if there are any special needs, they can notify Delphicaphoto at the time of registration or in any case as soon as possible.

Should the participants go to the photo trekking without the minimum required clothing and hiking equipment, they are excluded from participating in the trekking. In case of exclusion there are no refunds of any kind.

ART. 30) Participants must come to the trekking with the minimum photographic equipment that allows them to carry out the photographic activity. In order to allow for optimal organization, the participants are asked to communicate, at the time of registration, the type and model of camera and photographic equipment owned that they intend to use during the trekking.

If participants need clarification regarding the photographic equipment, they can communicate it to Delphicaphoto at the time of registration or in any case as soon as possible.

ART. 31) Each participant who for health reasons must follow a particular diet or suffers from allergies or intolerances to certain foods, is requested to communicate it to Delphicaphoto, at the time of registration or in any case promptly, in the case of participation in photo trekking s that require the dinner and breakfast in the mountain hut, in order to allow the mountain hut managers to organize themselves as best as possible to meet the needs of the participant. In any case, the satisfaction of specific dietary needs cannot be guaranteed a priori.



- ART. 32) Each participant who suffers from particular pathologies that can put their health at risk, especially those that require life-saving intervention (e.g. people subject to anaphylactic shock), is required to bring the necessary personal medicines with them and is requested to inform Delphicaphoto of his particular condition, at the time of registration or in any case promptly.
- ART. 33) The data relating to the health of the participants, as per art. 31 and 32, are acquired and processed by Delphicaphoto in compliance with the GDPR (General Data Protection Regulation) of the European Union n. 2016/679, i.e. the European Regulation on the protection of personal data, in the manner and for the purposes available in the [Privacy Policy](#). These data are optional, freely and voluntarily provided by the persons concerned and processed only for the purposes for which consent was given.
- ART. 34) Each participant is required to bring with them, during the photo trekking, a first aid kit whose minimum equipment is attached to this Regulation (Attachment 2) and indicated on the pages dedicated to each photo trekking on the website www.delphicaphoto.com.

TREKKING AND PHOTOGRAPHIC EQUIPMENT RENTAL

- ART. 35) If the participant needs to rent the missing trekking and/or photographic equipment and cannot provide it personally, he can notify Delphicaphoto at the time of registration. Delphicaphoto will arrange for such equipment to be obtained from local stores and suppliers. In this case, Delphicaphoto declines all responsibility in the event that the requested hiking and/or photographic equipment is not available or the participant to whom it has been entrusted damages it.
The costs for the rental of the equipment and for any damage are at the expense of the participants.

BEHAVIOR TO KEEP DURING PHOTO TREKKING

- ART. 36) Each participant is required to follow the instructions given by Delphicaphoto during the photo trekking, to follow the established path without leaving the group until the end of the trekking and to maintain a disciplined behavior.
He is also required not to leave the paths, from the photographic stops and during the consumption of packed meals, without first informing Delphicaphoto.
- ART. 37) Each participant cannot abandon the photo trekking before its conclusion.
If one or more participants decide to voluntarily abandon the trekking, for any reason, or refuse to be accompanied by Delphicaphoto to the place established for the return, they release Delphicaphoto from any responsibility for any accidents or injuries that may happen to them, due to any reason.
- ART. 38) Each participant makes his help and skills available to the other members of the group, according to a spirit of altruism and solidarity, and collaborates with Delphicaphoto for the success of the photo trekking by accepting her decisions, especially if difficulties arise, informing her of any problem that may arise during the trekking and respecting the rules of this Regulation.
- ART. 39) Each participant is asked to follow Delphicaphoto during the walk and adapt to the speed of his step, as it is proportionate to the level of preparation of the participants, the difficulty of the route and the weather conditions. Furthermore, each participant is asked to notify Delphicaphoto at any time of any need to stop.
- ART. 40) Each participant will bring food with them for a packed lunch, water and any other food and supplement according to their needs, to be consumed during the stops and as an emergency supply. Participants put their waste in their backpack.
- ART. 41) Each participant is asked to mute the ringer of their mobile phone. He is also requested to use his mobile phone in a moderate way and without disturbing other people.



ART. 42) Each participant can use their own GPS (Global Positioning System) equipment for orientation purposes during the photo trekking.
If the participant wishes to share and disclose any tracks recorded during the trekking, he is required to indicate the attribution of the path to Delphicaphoto also by inserting a link to the website www.delphicaphoto.com.

ART. 43) During the photo trekking it is not allowed to bring dogs or other pets.

INJURIES AND ACCIDENTS, CANCELLATION AND POSTPONEMENT

ART. 44) In the event of a minor injury or accident occurring to one or more participants during the photo trekking, such as not to require the intervention of the Rescue but such as to prevent them from continuing the photo trekking safely, Delphicaphoto accompanies the injured to the place of return established together with the rest of the group. In this case the trekking is interrupted and postponed, without this generating any compensation of the participants on Delphicaphoto and without giving rise to refunds or other compensation.

If the injured participant decides to be accompanied to the place of return by another person - thus allowing Delphicaphoto and the rest of the group to continue the photo trekking - he releases Delphicaphoto from any responsibility, without generating any compensation on Delphicaphoto and without giving rise to refunds.

If the photo trekking is postponed, Delphicaphoto offers participants the opportunity to be registered in a new list for a subsequent trekking of the same duration on the date that will be communicated later.

ART. 45) In case of a serious injury or incident involving one or more participants during the course of the photo trekking, such as to require the intervention of rescue, Delphicaphoto and the rest of the group remain with the injured until the arrival of rescue.

Delphicaphoto, at her sole discretion, has the right to decide whether to continue the trekking or cancel it and postpone it to another date, without this generating any recourse to the participants on Delphicaphoto and without giving rise to refunds or other compensation.

If the photo trekking is returned, Delphicaphoto accompanies the participants to the place of return established and offers them the opportunity to be registered in a new list for a subsequent trekking of the same duration on the date that will be communicated later.

ART. 46) In the event of a minor injury or incident that occurred in Delphicaphoto during the photo trekking, the participants help Delphicaphoto to return to the chosen place of return together with the rest of the group.

In the event of a serious injury or accident occurring in Delphicaphoto during the photo trekking, the participants remain with Delphicaphoto until the rescue arrives.

In both cases, the photo trekking is interrupted and postponed, without this generating any compensation from the participants on Delphicaphoto and without giving rise to refunds or other compensation.

Delphicaphoto offers participants the opportunity to be registered in a new list for a subsequent trekking of the same duration on the date that will be communicated later.

ART. 47) In the event of illness occurring in Delphicaphoto before the start of the photo trekking and which may affect its safe performance, the trekking is canceled and postponed and each participant receives prompt notice. If participants have already paid the participation fee for the photo trekking, Delphicaphoto refunds them the corresponding sum, in the ways that will be agreed. There are no other types of refunds or compensation. Delphicaphoto offers participants the opportunity to be registered in a new list for a subsequent trek of the same duration on the date that will be communicated later.



ART. 48) In case of cancellation and postponement of the photo trekking, referred to in articles 44, 45 and 46, if the participants choose to be registered in a new list for a subsequent photo trekking of the same duration on the date that will be communicated to them later, Delphicaphoto:

- a) not ask for any participation fee for the next replacement photo trekking, if the accident occurred on the way out;
- b) applies a reduction on the participation fee for the next replacement photo trekking, if the accident occurred on the way back.

If the participants choose, for any reason, not to be registered in the subsequent replacement photo trekking, they release Delphicaphoto from any obligation towards them.

If participants choose, for any reason, not to take part after registering for the next replacement photo trekking, they are not entitled to any refund or other compensation.

CAUSES OF EXCLUSION FROM PHOTO TREKKING

ART. 49) Delphicaphoto has the right to exclude from the photo trekking participants who:

- a) do not have the minimum mandatory hiking equipment for the chosen trekking or have inadequate equipment;
- b) are in poor physical health and in psychophysical conditions not suitable for participation in the trekking;
- c) are more than fifteen minutes late with respect to the established trekking meeting time;
- d) do not comply with the provisions of Delphicaphoto, and they contest Delphicaphoto's decisions and teachings;
- e) jeopardize their own and/or other's safety;
- f) decide to voluntarily leave the group;
- g) do not have a respectful, collaborative and constructive behavior towards the other participants and Delphicaphoto;
- h) do not have a respectful behavior of the environment, of the flora and fauna, of the artifacts and anthropic structures encountered, of the local populations and of the people encountered during the photo trekking;
- i) do not comply with the regulations within the shelters and in the areas of their relevance;
- j) do not bring their waste downstream;
- k) show up with their dog or other pets at the time of the trekking.

Exclusion from the photo trekking does not give rise to any kind of reimbursement or other compensation and relieves Delphicaphoto from any liability towards excluded participants.

DISCOUNTS, PROMOTIONS, OFFERS AND "PHOTOTREKKER" CARD

ART. 50) Delphicaphoto can provide, for each photo trekking, discounts, promotions and offers that are communicated on the website www.delphicaphoto.com and/or through the newsletter sent to anyone who wishes to subscribe.

Delphicaphoto also gives each participant in the photo trekking a card called "Phototrekker". After participating in the first photog trekking, participants get a discount on the second trekking, and on the third trekking they receive a Delphicaphoto eco-gadget as a gift.

The "Phototrekker" card is personal and non-transferable, and is valid for two years from the date of the first participation in the photo trekking.



ATTACHMENT 1. TREKKING EQUIPMENT

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

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

ONE DAY PHOTO TREKKING

MANDATORY 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)
- Technical trekking t-shirt and pants
- 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

MANDATORY 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 in good condition, already used to avoid blisters 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 pants
- 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
- 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
- Lip balm with sun protection factor
- Protective sun cream
- Multi-purpose knife
- Altimeter and compass
- Hand and foot warmers
- Dry bag
- Whistle
- Small foam mat

MULTI-DAY PHOTO TREKKING

MANDATORY TREKKING EQUIPMENT SPRING/SUMMER

- 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 preferably equipped with a breathable and waterproof membrane (Goretex or other)
- Technical trekking t-shirt and pants
- 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 liner for overnight stay in the mountain hut
- Slippers, change of clothes and linen for the overnight stay in the mountain hut
- 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

MANDATORY TREKKING EQUIPMENT AUTUMN/WINTER

- Camera backpack with a capacity of 60 liters, which can contain your photographic equipment and everything you need for trekking
- Trekking boots in good condition, already used to avoid blisters 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 pants
- 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
- High protection sunglasses
- 1 liter water bottle
- 0.5-1 liter thermos with hot drink
- Headlamp with charged battery
- Sleeping bag liner for overnight stay in the mountain hut
- Slippers, change of clothes and linen for the overnight stay in the mountain hut
- Recco® device
- First aid kit
- 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

RECOMMENDED TREKKING EQUIPMENT AUTUMN/WINTER

ATTACHMENT 2. FIRST AID KIT

This list shows the recommended equipment that constitutes the first aid kit for all participants in the Delphicaphoto photo trekking.

The kit must contain the material necessary for the dressings and some useful medicines, known by the participant who brings them with him, and chosen in relation to the type of trekking and its duration.

To this list, participants in the photo trekking must add the personal medications and/or drugs necessary for their specific pathologies.

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

DRESSINGS

- Antiseptic disinfectant wipes
- Sterile compresses gauze
- Hemostatic gauze
- Various types of bandages
- Elastic adhesive bandage
- Adhesive plasters
- Suture plasters
- Blister plasters
- Medical adhesive tape

DRUGS

- Paracetamol or Ibuprofen: in case of pain, fever, inflammation
- Acetylsalicylic acid: in case of headache and frostbite
- Antihistamine: in case of allergic reactions
- Anti-static cream: in case of insect bites
- Loperamide: in case of diarrhea
- Metoclopramide: in case of vomiting



- Magnesium-aluminum: in case of stomach acid
- Oral rehydration salts
- Decongestant eye drops: in case of eye irritation
- Povidone iodate: antiseptic and disinfectant
- Ointment for bruises
- Ointment for sunburn
- Throat lozenges

OTHER MATERIAL

- A pair of medical-surgical gloves, preferably in nitrile
- Blunt tip scissors
- Isothermal blanket
- Tourniquet (to be used only if competent)
- Instant ice in a bag
- Splinter tweezers
- Tweezers for ticks
- Safety pins
- Cotton wool