

Recommended equipment for 3rd and 4th difficulty level hiking and mountaineering tours

- 1. Water and wind proof jacket
 - 2. Fleece
 - 3. Hiking shoos
 - 4. Sun glasses
 - 5. Sunscreen
 - 6. Water
 - 7. Food
 - 8. Fully charged phone
- 9. Headlamp with fully charged batteries
 - 10. Small backpack