



Augustus
TOURS
aktiv reisen

Holidays that are as individual as you!

PACKING CHECKLIST FOR WALKING HOLIDAYS

Getting here and around:

- Valid passport/ identification card
- Insurance documents (health and travel insurance)
- Walking map and/or other route information

The right clothing:

- Sun hat (water-repellent if possible)
- Numerous (breathable) layers, dense clothing to protect you from ticks
- Breathable wind and waterproof clothing
- Worn-in, ankle-length, comfy walking boots (anti-slip sole, breathable, waterproof material)
- Socks which have already been worn for a few hours (reduces the risk of blisters)

Returning home safe and sound:

- Nose to mouth protection (FFP2 mask)
- Sun protection (sunglasses, sun cream, after sun), lip balsam where required
- First aid kit (to include: painkillers, antipyretics, sticking plasters, blister plasters, wound disinfectant, multi-functional penknife with scissors and tweezers)
- Insect repellent, tick removal tool (e.g. tick card)
- Any medication you require (please let us know if some of it has to be refrigerated at the hotel)
- Make sure your vaccinations are up to date (e.g. diphtheria, tetanus und tick-borne encephalitis)

Other useful items:

- Rucksack which allows air to circulate along your back (also try to position heavy items close to your back)
- Liquids to get you through the day (water, juice with mineral water, tea)
- Muesli bars or other snacks (high-energy)
- Swimming costume, small towel, picnic blanket (where required)
- Camera and accessories
- Wet wipes (for washing your hands)



Your
contact person:

Team AugustusTours
Tel.: +49 (0)351 56348 20
aktiv@augustustours.de

Please pay particular attention to the following tips before heading off:

- Think about taking your telescopic walking poles along. They provide greater stability on uneven ground and make ascents and descents easier.
- If travelling in a group, it's a good idea to agree in advance who is bringing joint items such as a first aid kit – every bit of weight you save will make your walks easier!

