**Rucksack for multi-day hikes**

**Packing checklist**

**Top pocket**
- Hiking map
- Blister plasters
- Fully charged mobile phone and charger (emergency phone numbers: mountain rescue 140, European emergency service 112)
- Pocket knife
- Cash
- Alpine club membership card

**Front**
- Small snack (e.g. musli bar, etc.)
- Drink bottle
- Sun protection (sun cream, sunglasses, cap, etc.)

**Centre/back**
- Functional shirt
- Rain jacket
- Fleece jacket
- Optional (depending on weather): waterproof trousers and small umbrella
- First aid kit
- Warm jacket

**Bottom**
- Bivouac sack
- Gloves and warm hat
- Headlamp
- Toiletries
- Waterproof bag for valuables
- Underwear
- Sleeping bag liner
- Towel
- Hiking socks