Rucksack for single-day hikes

Packing checklist for one day

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**Top pocket**

- Hiking map
- Blister plasters
- Fully charged mobile phone (emergency phone numbers: mountain rescue 140, European emergency service 112)
- Pocket knife
- Cash

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**Centre/back**

- Bivouac sack
- First aid kit
- Gloves and warm hat
- Headlamp

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**Front**

- Snack
- Drink bottle
- Sun protection (sun cream, sunglasses, cap, etc.)

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**Bottom**

- Spare T-shirt
- Rain jacket
- Fleece jacket
- Optional (depending on weather): waterproof trousers and small umbrella

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