

CHECK LIST

- Silk and long sleeve underwear
- Silk socks
- Cotton tracksuit
- Long sleeve thin tee-shirt
- Woolen socks
- Tracksuit + waterproof over trousers or waterproof and flexible ski trousers
- Fleece
- Wellington boots with non-slip soles
- Fleece muffler
- Fleece cap
- Sun block lotion
- Lip balm
- Sunglasses
- Waterproof gloves (Silk gloves + waterproof over gloves)
- Batteries for your camera
- Memory card for digital camera or a lot of film
- Binoculars (to observe the wildlife)
- Walking stick