

Preparing for your trek: Italy – Dolomites / Amalfi / Sibillini

The following information tells you what you will need to do to prepare for your trek.

Checklist

To submit to trekMountains office

- [Insurance & emergency contact form](#)
- [Medical form](#)

Both forms can be submitted online at <http://trekmountains.com/pre-trek>

To do

- Now - Make a note in your diary of the payment schedule shown on your invoice
- Now – If we have are booking flights for you, check that the name on your invoice EXACTLY matches the first and surname on your passport and notify the trekMountains office immediately if there are any discrepancies.
- Now - Arrange your travel insurance and complete the [insurance form](#)
- Now - Set aside time to improve your mountain fitness
- Book travel arrangements to / from the trip meeting point (only do this once the trip is guaranteed to run, ie when we have received the minimum number of bookings to guarantee the trip).
- Make sure your passport is valid for at least 6 months after your trip.
- Visas – not required for EU nationals. Other nationalities should check with the embassy
- Equipment list – decide which items you may need to buy.
- Obtain medical items on kit list
- Dental check-up 1-2 months before departure

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Updated 24/5/2017 (AF)

Health issues

- **Fitness - train for your trip** – you will enjoy the trek much more if you are fit. For most of our trekking trips you will need to be comfortable trekking for on average 6 hours a day in mountainous terrain. By far the best way to train for trekking is to get out on hills and spend time climbing, for example, to the heights of the UK Lake District peaks, ie around 800 – 1000m. If you are capable of putting together a few days of that calibre back-to-back, you should be capable of most of our treks. For those not able to regularly get to the hills, then regular cardiovascular exercise, for example on the stepper in the gym is a good alternative, but you should still try to get some time in mountain terrain as gyms cannot simulate the rough ground found in a mountain environment.
Our Amalfi Coast trip is an easier grade than our Dolomites trips, but you will still find it much more enjoyable if you have spent some time working on your fitness. There are a lot of stone steps on the Amalfi Coast, and although you go downhill no most of these, you may find it tough going on the knees. Trekking poles are **STRONGLY** recommended!
Our donkey trekking trip in Sibillini National Park is an easier grade than our Dolomites trips, but you will still find it much more enjoyable if you have spent some time working on your fitness. At the beginning of the trek you ascend 1000m walking to Castelluccio, and descend the same amount back down into Norcia at the end of the trek, so it is not just a stroll!
- **Medical form** – please complete form at <http://trekmountains.com/pre-trek/medical-form/>. The form can be submitted online, or a copy of it scanned and emailed to us. A copy of the form is at the end of this document. You will need a doctor to sign the form to declare your suitability for the trek if you are 60 or over, or if you have a pre-existing medical condition.
- **Vaccinations** – you do not need any specific travel vaccinations for travel to Italy, though it may be worth checking that your primary courses and boosters are up to date.
- **Ticks** – it is worth keeping a check on your body at the end of each day on trek for ticks, just as it would be if you were walking in the UK. Ticks like warm, moist parts of the body, and can cause Lymes Disease. If you find a tick, smother it with suncream or toothpaste and it will release its grip on you and drop off. Do not try to pull it out yourself unless you have a special tick remover as you will probably fail to pull the whole tick out.
- **Dental check-up** – altitude and flying are notorious for highlighting dental problems, and there is nothing worse than being on trek with toothache. A check-up timed sufficiently in advance of the departure date to allow for any work that is required to be done on your teeth can save you a lot of pain on trek.
- **Medicines** – A limited first aid kit is carried on all our guided treks to Italy, and if your trip is guided your trek leader will be trained in first aid, but you should make sure that YOU carry any medication that you rely on and a personal basic first aid kit too. If you are on a guided trek, it is very important that you tell your trek leader of any medication that you take, and also of any medical conditions, even if you have already told us about them on your medical form.
- **Stomach upsets** can happen, sometimes just as a result of a change of diet, but sometimes from a more persistent cause. In the event of you having an upset stomach, we recommend that you do NOT block up your system with immodium-type medicines, but that you limit your food intake, keep to a low-fat diet. Flattened coke seems to help, as do rehydration salts (eg Dioralyte or MG.K Magnesio Potassio in Italy). If it looks like the problem is severe, antibiotics almost always offer an extremely effective and rapid solution, but this is highly unlikely to be necessary in Italy.
- **Trekking at altitude** – Altitude is not a major concern on our treks in Italy, but on arrival and during a trek in the Dolomites you are likely to notice that you are more out of breath than you would normally be. It is important to think of trekking as a multi-day event. Think “marathon” rather than “sprint”. If you can’t talk while you are walking, you are walking too fast. Keeping to this as a guide, and learning to listen to what your body is telling you will help you with adjusting to the altitude.
Altitude is not an issue on our our Sibillini or Amalfi coast treks.

Paperwork

Insurance: It is a condition of booking that you have adequate insurance for your trip. Your insurance must cover you for the entire period of travel, and for the activities* and the altitude you are going to, and also for helicopter rescue and repatriation. You should also notify the insurance company of all pre-existing medical conditions. Please note that many insurance companies do not cover these requirements. There are a few insurance companies that specialise in insurance policies suitable for trekking expeditions. If your current travel insurance company cannot provide you with a suitable policy, please contact us for further information. We recommend that you also have insurance for cancellation and personal baggage.

Campbell Irvine is an insurance company we have worked with successfully for a number of years, and who provide insurance for trekking for UK-based clients. If you purchase insurance from Campbell Irvine, **please mention that you are trekking with trekMountains**

By telephone: +44 (0) 844 826 2722

By email: info@campbellirvine.com

In all cases, extra costs incurred by a client as a result of premature departure from the expedition, eg, rescue, food and accommodation costs of themselves and support staff etc, are the responsibility of the client. It is important that all clients carry with them the financial means to meet these costs at the time of them being incurred.

Once you have arranged your insurance, please submit the insurance & emergency contact details form at <http://trekmountains.com/pre-trek/insurance-form/>, A copy of the form is at the end of this document if you prefer to send a scanned copy of it by email.

Passport

Check that your passport will have at least 6 months of validity at the time of travelling. Send a copy of the details page of your passport to the trekMountains office. You may also like to travel with a copy of this page in case you lose your passport. You will need to carry it with you as ID in Italy.

Visa: Visas are not currently required for entry into Italy by UK nationals. Other nationalities should consult their Italian embassy.

Money

- **Currency and cards:** Euros are used throughout Italy. Once in the mountains, do not assume that you can use cards to pay for anything. Take Euros in small notes on the trek. ATMs are widely available at airports and in the major towns. Sometimes you will be asked for photo ID when you use a card in Italy, for which you should carry a photocard driving licence or your passport. The current exchange rate for UK Pound:Euro is around 1:15
- **Spending money:** Please see your itinerary for a guide on how much money you will need for your trek.
- **Leaving a trek early:** If you leave a trek early you are responsible for the costs incurred by yourself and any trek participants and/or staff who accompany you. This applies whether you choose to leave early, or if you are forced to leave early due to medical reasons. The costs of this can be several thousand pounds, especially if helicopters are required which is why we insist that you take out insurance to cover you for medical emergencies. We ask that all participants ensure they have a credit card with them with credit to cover this. In some cases, credit card banking fees may be incurred.

Itinerary changes

These may happen, though we will try to keep changes to a minimum. There are some things that are outside of trekMountains's control (eg, airline changes, the weather, strikes, path closure etc). We will always endeavour to work around any disruption to provide you with the best possible alternative. We ask you to travel with an open mind and a sense of humour.

Extensions

If you wish to have extra nights in Italy before or after their trek, discuss your options with us as soon as possible. The cost of your flights may alter if you change your plans, so early decisions about this are advisable. Changes cannot usually be made once your air ticket has been issued.

Equipment List

The kit list that is appropriate for your trip is detailed on the trip itinerary.

Note that for the Alta Via 1 and the Alta Via 2 trips in the Dolomites there are some non-standard trekking items.

Ensure you have the appropriate equipment, and use it before your trek. It is essential that you ensure you are comfortable walking all day in your boots in a mountain environment well in advance of departure.

Suppliers: There are many excellent outdoor retailers. The following UK companies are just some that offer good advice, a good range and a mail order facility.

Cotswold	tel. +44 (0) 844 557 7755	www.cotswoldoutdoor.com
Field & Trek	tel. +44 (0) 844 800 1001	www.fieldandtrek.com
Needlesports	tel. +44 (0) 17687 72227	http://www.needlesports.com/index.php

Further reading

Books: We recommend doing some reading about Italy before your trek. You will probably enjoy your trip more if you try to learn a few basic words of Italian.

The following titles may be of interest, and include some useful words in Italian:

Dolomites:

- **Trekking Alta Via 1 & Alta Via 2** - Trailblazer Guide – Henry Stedman
- **Treks in the Dolomites Alte Vie 1 and 2** – Cicerone Guide - Martin Collins & Gillian Price

Amalfi Coast:

- **Walking on the Amalfi Coast** – Cicerone Guide - Gillian Price

Sibillini:

- **Italy's Sibillini National Park** – Cicerone Guide - Gillian Price

Maps One copy of each map required will be provided for self-guided trips.

If you wish to buy maps, it is probably best to buy what you need in Italy as good maps are readily available locally. Alternatively you could try Stanfords, Long Acre, London.

Dolomites:

- Alta Via 1, Dolomites: Tobacco 1:25,000 range numbers 31, 3 and 25.
- Alta Via 2, Dolomites: Tobacco 1:25,000 range numbers 30, 7, 6, 15, 22, 23
- Tre Cime, Dolomites: Tobacco 1:25,000 range number 10

Amalfi Coast:

- Strade e sentieri della penisola sorrentina e costiera amalfitana

Sibillini:

- Parco Nazionale dei Monti Sibillini Societa Editrice Ricerche 1:25,000
- Monti Sibillini Kompass 1:50,000 number 666

Further information – Dolomites treks

Arrival in Italy: You will be emailed instructions explaining the start point or meeting point for your trek.

A typical trekking day: Life on trek is quickly adopted a very simple pattern. You will wake early for breakfast and to make the best of the weather as it is usually best in the morning. Breakfast will be taken at the refuge.

A hut-to-hut trek usually follows a daily pattern as follows: breakfast is taken at the refugio, and start trekking straight after breakfast. Your itinerary is timed to allow for rests, drinks and toilet stops along the way. Lunch is usually taken at another refuge if the route passes one, but occasionally it may be necessary to order a packed lunch from the rifugio the night before. If you don't like stopping for a long time in the middle of your walk, try to keep moving and stretching as it is not uncommon for the lunch to be a leisurely affair if the weather allows. The trek continues after lunch the refuge for the night. Time to rest, wash and change into clothes for the evening. It is a good idea to prepare your bed for night before eating dinner with your fellow trekkers in the refuge. An early night is necessary for an early start the next day.

Food: Please refer to the trip itinerary for details of which meals are included in your package price. Once on trek breakfast and dinner are usually included in the price at the refuges, and either take a packed lunch or call into another refuge for lunch if one is en-route. The food in the Dolomites is a mixture of Italian and Austrian cuisine.

Accommodation: Please see your trek itinerary for details of the accommodation for your trek. The refuge network in Italy is excellent, but not as economical as you may like it to be. Staying in a refuge is a great way to stay high in the mountains, and to make the most of the catering facilities that exist in the high mountains.

When staying in a refuge, you should remove your boots at the door and place them in the rack provided. Hut slippers or clogs are usually available, but you might prefer to use a pair of trekking sandals if you have them instead.

Rooms in refuges are usually either dormitories (with usually 6-16 beds), or smaller rooms. Wherever we can we will use smaller rooms. Single rooms cannot be provided in most refuges, so you will be sharing, and sometimes the rooms may be used by both men and women. Nights can be noisy and disturbed early, so **earplugs** and a **buff** or **sleep mask** to put over your eyes may be desirable. You will need to use your own **sheet sleeping bag** and **towel** in most refuges, and will be expected to prepare your own bed. You do not

need to take a full sleeping bag as blankets or duvets are provided. In the morning, please fold your blankets or duvet neatly and leave them on your bed.

If you have are a member of a National Mountaineering Organisation, for example the BMC, take your membership card and your Reciprocal Rights Card if you have one to obtain discounts in some of the refuges. However, it is not worth buying these just for this trip.

Washing / Toilet facilities: At the refuges you can either wash in the basins provided, or at some refuges showers are available. Water is a precious commodity in the mountains, and you are asked to use it carefully. There may be a charge for using a shower, and in some refuges they are only available for certain hours of the day.

Toilets in Italy are usually of the seated variety, but you may still find some squat style. If you get caught short whilst trekking, please ask – there may be a toilet for you to use at a nearby refuge. If not, please bury your offering and put your toilet paper in a plastic bag to place in the next refuge toilet. There is nothing worse than seeing the litter of what we describe in the Himalaya as “western prayer flags” along the way. Keep toilet paper with you at all times!

Mobile Phones and Internet: Mobile coverage is generally good in the Dolomites and most providers will connect to one of the Italian providers. Check with your mobile phone company to see if your phone will work in Italy. Some hotels and refuges provide wifi, but please do not assume it will be available at every refuge in the mountains.

Electricity: There will be limited facilities in most refuges to charge a phone, but this may mean leaving your phone in a communal area. Do not rely on electricity being available at all refuges. The sockets in Italy require the round 2-pin European adapter.

Weather: The trekking season in the Dolomites is very short –from mid-June to mid-September. Late lying snow can be a problem during June, and fresh snow can happen any month of the year. Thunderstorms are frequent, especially in August, and these are most likely to occur in the afternoons. Generally we hope for t-shirt and shorts weather, but it can get cool especially in the evenings and first thing in the mornings, and you should always carry both good quality waterproof jacket and waterproof trousers.

Further information – Amalfi Coast

Arrival in Italy: You will be emailed instructions explaining the start point or meeting point for your trek.

A typical trekking day: Life on trek is quickly adopts a very simple pattern. If you are trekking in the summer you are advised to wake early for breakfast to ensure that you can start walking promptly before the heat of the day.

Breakfast is taken at your accommodation and we recommend you start walking straight after breakfast. Your self-guided itinerary is flexible allowing you to choose which days to do the longer walks and which days to have a shorter walking day.

If you wish to go to Capri, which we strongly recommend, check the forecast and go on a day when the weather forecast is good, and ideally when the forecast has been stable the day or two before. This means there will be less swell on the sea. Note that the boats do not go if there is bad weather. Check locally!

Food: Please refer to the trip itinerary for details of which meals are included in your package price. Breakfast is usually included in the price at your accommodation.

Your walk notes will show you which walks require a packed lunch. If you wish to order a packed lunch from your accommodation make sure that you do so the night before to collect the next morning. Alternatively you can buy supplies from the local general store in the village.

There are local restaurants, pizzerias and bars where you can buy your dinner within walking distance from your accommodation.

Accommodation: Please see your trek itinerary for details of the accommodation for your trek.

Washing / Toilet facilities: Toilets in Italy are usually or the seated variety, but you may still find some squat style. If you get caught short whilst walking, please bury your offering and burn your toilet paper or pack it out in a plastic bag to dispose of it in the next toilet. There is nothing worse than seeing the litter of what we describe in the Himalaya as “western prayer flags” along the way. Keep toilet paper with you at all times!

Mobile Phones and Internet: Mobile coverage is reasonable in the Amalfi area. Most providers will connect to one of the Italian providers. Check with your mobile phone company to see if your phone will work in Italy. Given a fair wind there should be wifi at your accommodation..

Electricity: The sockets in Italy require the round 2-pin European adapter.

Weather:

The the weather can be changeable – take thin gloves, waterproofs, sunhats, suncream etc. Agerola where your accommodation is based is 600m above Amalfi, and has a micro climate which sometimes means the sea fog can roll in, but that the weather is very different at Amalfi. Ask at your accommodation for local advice.

In spring you will be treated to spectacular wild flowers and orchids. It is a lovely time for walking, The sea warms up late May / June time if you fancy a swim!

Expect hot weather in July and August.

September and October usually offer stable conditions ideal for walking.

Further information – Sibillini Donkey treks

Arrival in Italy: You will be emailed instructions explaining the start point or meeting point for your trek.

A typical trekking day: Life on trek is quickly adopts a very simple pattern. If you are trekking in the summer you are advised to wake early for breakfast to ensure that you can start walking promptly before the heat of the day.

Breakfast is taken at your accommodation and start trekking straight after breakfast. Your itinerary is timed to allow for rests, drinks and toilet stops along the way. Find a nice spot to eat your packed lunch along the way.

Your trek continues after lunch to your accommodation for the night. Time to rest, wash and change into clothes for the evening. An early night is recommended for an early start the next day.

Food: Please refer to the trip itinerary for details of which meals are included in your package price. Once on trek breakfast is usually included in the price at your accommodation. Order your packed lunch the night before to collect each morning. The food in the Sibillini National Park is traditional, local produce and Italian cuisine.

Accommodation: Please see your trek itinerary for details of the accommodation for your trek.

Washing / Toilet facilities: Toilets in Italy are usually or the seated variety, but you may still find some squat

style. If you get caught short whilst trekking, please bury your offering and burn your toilet paper or pack it out in a plastic bag to dispose of it in the next toilet. There is nothing worse than seeing the litter of what we describe in the Himalaya as “western prayer flags” along the way. Keep toilet paper with you at all times!

Mobile Phones and Internet: Mobile coverage is intermittent in the Sibillini National Park. Most providers will connect to one of the Italian providers. Check with your mobile phone company to see if your phone will work in Italy. Some nights you will be able to access wifi, but please do not assume it will be available every night on your trip.

Electricity: The sockets in Italy require the round 2-pin European adapter.

Weather: In late spring you will be treated to spectacular wild flowers.

Expect hot weather in July and August.

September and October usually offer stable conditions ideal for walking.

Snow typically affects the Sibillini National Park during the autumn / winter / spring months.

Online weather forecasts can be found at <http://www.umbriameteo.com/>



Italy tel: +39 338 500 9540
 UK tel: +44 (0) 7713 628763
 email: info@trekmountains.com
 web: www.trekmountains.com
 address: trekMountains, 27 Meaford Avenue,
 Stone, Staffordshire ST15 8LT, UK

Trekking Insurance & Next of Kin Information

Please complete this form in CAPITAL LETTERS, then scan or photograph it and return it by email.
 Alternatively complete it online at <http://trekmountains.com/pre-trek/insurance-form/>

It is a condition of booking that you have adequate medical and travel insurance for your trip.

Your insurance **must** cover you for

- the entire period of your travel away from home
- the activities and the altitude involved in the trip
- for helicopter rescue and repatriation.
- You should also notify the insurance company of all pre-existing medical conditions.

Please note that many insurance companies do not cover these requirements. There are a few insurance companies that specialise in insurance policies suitable for trekking expeditions. If your current travel insurance company cannot provide you with a suitable policy, please contact us for further information. We recommend that you also have insurance for cancellation and personal baggage. Once you have arranged your insurance, please complete this insurance declaration form, and return it to us as soon as possible.

Name:	
Trip Title:	
Land-only dates:	
Names of other any people on same booking with identical insurance & emergency contact details:	

Contact details of the person you would like us to contact in an emergency:

Their name:		Their relationship to you:	
Their email:			
Their mobile telephone: include country code			
Their daytime telephone: include country code			
Their evening telephone: include country code			

Insurance information:

Insurance company:			
Insurance policy number:			
Insurance company general telephone number: include country code			
Insurance company emergency international assistance telephone number: include country code			
I confirm that I have checked that this insurance covers me for (1) the entire period of my travel away from home (2) the activities and altitude involved in the trip and (3) for helicopter rescue and repatriation. (4) I have also notified my insurance company of all my pre-existing medical conditions			
I understand that responsibility for the payment of all bills incurred for rescue and repatriation, or for the alteration of an itinerary lies ultimately with myself, the client, in the event of the insurance company not paying for them. I am responsible for ensuring that these payments can be met as outlined in the Booking Conditions.			
Your Signature:		Date:	



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 UK tel: +44 (0) 7713 628763
 email: info@trekmountains.com
 web: www.trekmountains.com
 address: trekMountains, 27 Meaford Avenue,
 Stone, Staffordshire ST15 8LT, UK

Medical Form

Please complete and sign this form, then scan or photograph it and return it by email.

Alternatively complete it online at <http://trekmountains.com/pre-trek/medical-form/>

trekMountains operate in often extreme and inhospitable terrain and most of our treks demand a fairly high degree of physical fitness and health. Please fill in this form carefully, detailing your medical history. We will treat all information in the strictest confidence and send it to the trek leader and /or doctor / medic who are responsible for your safety and welfare during your trek with us. Once your trek is complete and you have returned to your destination and safety and there is no further need for the information on this form, it will then be destroyed.

If you have a history of any of the following medical conditions, please give details such as frequency, severity and aggravating factors where necessary. If you have had an operation within the last year, whether minor or not we need to know the details of the operation and the outcomes and possible long term problems, particularly ones that may occur or be accentuated if strenuous and physically demanding exercise is taken.

It is the responsibility of each trekker to ensure that he/she is adequately insured for the trek, including activities undertaken, and the altitude. See our separate insurance form for details.

Title and Full Name as it is shown on your passport (please print in CAPITALS)			
Trek:			
Date of Trek:		Height:	
Date of Birth:		Weight:	
Condition	Yes/No	Details (if insufficient room for details, please write on reverse of this sheet)	
High blood pressure			
Heart / circulatory disorders			
Chest / lung disease / asthma / hay fever			
Epilepsy / diabetes			
Cancer / stroke			
Digestive / bowel disorders			
Joint / knee / hip/ ankle / back injuries			
Surgical operations			
Mental / emotional problems			
Vertigo, fear of heights or of exposure			
Any history of problems at altitude			
Pregnancy (at the time of the trek)			
Any current medical conditions			
Allergies (medicine, food or other)			
Dietary requirements			

We recommend an ECG for participants over the age of 55 at your doctor's discretion, and compulsory for participants over 60.

- I understand that I will be undertaking a challenge which requires a good level of fitness and I believe that I am fit enough to complete the challenge and take responsibility for myself under these conditions.
- I declare that the above information is a true and fair representation of my current state of health. Should my circumstances change, I will inform trekMountains at the earliest opportunity
- I understand that if I am 60 or over, or have a pre-existing medical condition, I will also send trekMountains a printed version of this form, with my GP's signature below to confirm that I am fit enough to undertake the trek.

Signature **Date**

Signature of Doctor **Date**

If you are 60 or over, or have a pre-existing medical condition, please now print off this form, and ensure that both you and your GP have signed it to confirm that you are fit enough to undertake the trek. Then scan or photograph the form and return it to us by email.