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## Preparing for your trek: the Italian Dolomites

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

### Checklist

#### To do now:

- Make a note in your diary of the payment schedule shown on your invoice
- Arrange your travel insurance (see page 2) and complete the online insurance form at <http://trekmountains.com/pre-trek/insurance-form/>
- Complete the online medical form at <http://trekmountains.com/pre-trek/medical-form/>
- Set aside time to improve your mountain fitness
- Check your passport has an issue date no more than 9 years and 9 months from the date of intended departure from the Schengen area, and will still have at least 3 months validity on that departure date (see page 5 for more details)
- Check the entry requirements for Italy – (see pages 2, 4 & 5) (Please note that since Brexit, the entry requirements have changed for British passport holders).

#### Once your trip is guaranteed to run:

- ⊖ Book travel arrangements to / from the trip starting and end points (only do this once you have received an email from trekMountains stating that your trip is guaranteed to run). See our travel advice sheets for details specific to your trip.
- Equipment list – decide if you need to buy any items (see pages 9-10).
- A dental check-up is recommended 1-2 months before departure

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Updated 28 February 2025

## Travel Insurance

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

Helicopters are used for many rescues in the Dolomites, which cost thousands of dollars, so that is why helicopter rescue and repatriation cover is so essential in this part of the world.

Your insurance must cover you for:

1. the entire period of your travels
2. the activities you will be undertaking (be careful not to use the word climbing in your description unless you are actually on a climbing expedition. Most of our treks are trekking / hiking on recognised paths)
3. the maximum altitude you are going to:
  - AV1 2760 metres, 9055 feet
  - AV2 3160 metres, 10,370 feet
  - Geotrail 2650 metres, 8700 feet
  - Val Gardena area 2650 metres, 8700 feet
  - Tre Cime 2675 metres, 8780 feet
4. for helicopter rescue and repatriation.
5. You must also notify the insurance company of all pre-existing medical conditions.
6. We recommend that you also have insurance for cancellation and personal baggage.

Please note that many basic insurance policies do not cover these trekking-specific 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.

For our UK clients, one such company is Campbell Irvine, an insurance company which provides trekking insurance for UK-based clients, and with whom we have worked successfully for a number of years.

- web: <https://www.campbellirvine.com/trekmountains>
- tel: +44 (0) 844 826 2722 - please mention that you are trekking with trekMountains
- email: [info@campbellirvine.com](mailto:info@campbellirvine.com) - please mention that you are trekking with trekMountains

For US-based clients:

We're not allowed under UK law to 'recommend' any insurance companies, but insurance companies which American clients often use include the following.

- World Nomads (frequently used)
- Blue Cross Blue Shield (frequently used)
- Anthem
- 1 Cover
- Allianz
- Travel guard

Whichever insurance company you use, you must check for yourself to ensure that they cover what is necessary for your trip.

In all cases, extra costs incurred by as a result of premature departure from the expedition, e.g. rescue, food and accommodation costs for yourself and any support staff etc, are the responsibility of the client.

It is important that all clients carry with them the financial means e.g. a credit card to meet these costs at the time of them being incurred.

## Insurance forms

All trekkers need to complete a copy of the insurance and medical forms, which can be submitted online at:

- insurance form: <http://www.trekmountains.com/pre-trek/insurance-form/>

## 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 or mountains. If you are capable of putting together a few days with ascents of around 800 – 1000m 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.
- **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 are strongly advised to discuss your suitability for the trip with your doctor if you have a pre-existing medical condition.
- **Vaccinations** – you do not need any specific travel vaccinations for travel to Italy.
- **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** – Self-guided treks – ensure that you carry any medication that you rely on, and you should also carry a first aid kit.  
Guided treks - If you are on a guided trek, your trek leader, who is outdoor first-aid trained, will carry a limited first aid kit, but you should make sure that YOU carry any medication that you rely on. It is very important that you tell your trek leader of any medication that you take, and also of any medical conditions. All trekkers should carry a personal basic first aid kit.
- **Stomach upsets** can occasionally happen when you are travelling, 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 Imodium-type medicines, but that you limit your food intake, and keep to a low-fat diet. Flattened coke seems to help, as do rehydration salts (e.g. Dioralyte or MG.K Magnesio Potassio 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 rule, staying well hydrated and listening to what your body is telling you, will help you with adjusting to the altitude.
- **Ticks** – We’ve never seen ticks in the Dolomites, but 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 many parts of the world. Ticks like warm, moist parts of the body, and can cause Lyme Disease. If you find a tick, use a tick remover to remove it. 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.

## Medical forms

All trekkers need to complete a copy of the medical form, which can be submitted online at:

- medical form: <http://www.trekmountains.com/pre-trek/medical-form/>

If you require a paper copy of this forms instead of submitting them online please see the final page of this document.

**All the sections on this page are relevant to all non-EU passport holders, and since Brexit they now also apply to British passport holders.**

## Passport validity

For visitors to Italy, your passport must meet 2 requirements. It must be:

- Less than 10 years old on the day you enter (check the 'date of issue').  
Some countries, including the UK, have previously issued passports with more than 10 years of validity if you had renewed your passport early. This means that since Brexit, the expiry date shown on your passport is no longer applicable if it expired more than 10 years after the issue date.
- Valid for at least 3 months after the day you plan to leave.

**To avoid the possibility of being refused entry to the Schengen area (which includes Italy), your passport should have an issue date no more than 9 years and 9 months before the date of intended departure from the Schengen area.**

You will need to carry your passport with you as ID in Italy, and some hotels / rifugi ask for it on check-in. We recommend that you also travel with a separate copy of the details page of your passport in case you lose your passport.

## Entry requirements

**It is your responsibility to ensure that you familiarise yourself with any changes to the regulations from your home country's government travel advice webpages for the entry requirements for travel to all the countries you will be visiting during your trip prior to your departure.**

Eg:

UK travellers: <https://www.gov.uk/foreign-travel-advice>

US travellers: <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/>

Australian travellers: <https://www.smartraveller.gov.au/>

trekMountains cannot be held responsible if you are unable to enter the country or to participate in your trip due to your failure to comply with the regulations in place at the time of your trip.

If your journey includes travelling to or through other countries, please check your government's travel advice for travel to all those countries as well as Italy.

### **Special note for British passport holders:**

Since Brexit, for UK passport holders the laws regarding travel regulations have changed significantly, so the following sections are just as relevant to British passport holders as they are to other non-EU nationals.

You must keep yourself updated with any changes to these travel restrictions by checking the UK government website at <https://www.gov.uk/foreign-travel-advice/italy/entry-requirements>

## Visas and the ETIAS Electronic Travel Authorisation System

All non-EU citizens should consult their own Government advice on travel to Entry Requirements for Italy, or the Italian embassy, to check if they need a visa to enter Italy.

Up till now, many travellers to Europe (including visitors from USA, Australia and the United Kingdom) have not needed an authorisation or a visa for a short stay. From mid- to late-2025, you need to apply for an ETIAS electronic authorisation to enter Europe. It is not a visa but a travel authorisation, valid for up to 3 years.

**However, the exact timeline for the introduction of the ETIAS system is not yet known** - it should be clarified in the next few months online at [https://travel-europe.europa.eu/etias\\_en](https://travel-europe.europa.eu/etias_en)

Keep yourselves informed of developments and be sure to apply for an ETIAS authorisation in good time before you travel to Europe.

To assist you, trekMountains will contact you as soon as we know more details and how ETIAS will affect your trip with us.

## Number of days in the Schengen area

Non-EU passport holders can travel to countries in the Schengen area (which includes Italy) for up to 90 days in any rolling 180-day period without a visa. This applies if you travel as a tourist, to visit family or friends, to attend business meetings, cultural or sports events, or for short-term studies or training. (Note, this rule also now applies to British passport holders).

If you are travelling to Italy and other Schengen countries, make sure your whole visit is within the 90-day limit. Visits to Schengen countries within the previous 180 days before you travel count towards your 90 days. A useful online Schengen calculator can be found at <https://www.schengenvisainfo.com/visa-calculator/>

## Passport stamping

At Italian border control, it is possible that you could be asked to:

- show proof of your accommodation, for example, your booking confirmation letter / invoice
- show proof of insurance for your trip
- show a return or onward ticket
- you should also be able to prove that you have enough money for your stay.

### **Check your passport is stamped when you enter or exit the Schengen area through Italy as a visitor.**

Border guards will use passport stamps to check you're complying with the 90-day visa-free limit for short stays in the Schengen area. If relevant entry or exit stamps are not in your passport, border guards will presume that you have overstayed your visa-free limit.

If your passport is missing a stamp, show evidence of when and where you entered or exited the Schengen area, and ask the border guards to add this date and location in your passport. Examples of acceptable evidence include boarding passes and tickets.

**The manual stamping of passports is scheduled to be replaced 2025 with an Electronic Entry System (EES), but the exact date that this will be introduced has not been confirmed.**

When you check into accommodation in Italy you might well be asked to show your passport. This is because they must inform the local immigration office (questura) in writing within 48 hours after you arrive at their property. They could be fined if they fail to comply with this Italian immigration law.

If on arrival in Italy you are NOT staying in a hotel or B&B, and if you are entering from another Schengen area country you are required to declare your presence to the local immigration office (questura) within 8 days of arriving ('dichiarazione di presenza'). The questura will provide a form to complete.

If your first night in Italy is in a hotel or B&B, the accommodation provider will complete this requirement for you.

## Money

- **Currency and cards:** Euros are used throughout Italy. Once in the mountains, some rifugi are not able to take card payments so do not assume that you can use cards to pay. Take Euros in cash with you 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. You can check the current exchange rate at [xe.com](https://www.xe.com)
- **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 sufficient credit to cover this, as you would need to pay for any costs incurred and then submit a claim to your insurance.

## Tourist Taxes for Overnight Stays

The Italian government imposes a tourist tax for overnight stays at some hotels and rifugi, many of whom require this to be paid in **EUROS CASH** as you check in or check out. Please take cash with you to allow for this. The amount of tax varies from €1 to €5 per person per night depending on location and the class of accommodation you are staying in.

## Venice Tourist Tax for Day Visitors

If you wish to visit Venice either before or at the end of your trek, you may have to pay a tourist tax. The 2025 tax is only applicable on the days shown below in red in the months of April, May, June and July only. The tax is for day visitors only - it does not apply if you have a booking to stay overnight in the Municipality of Venice. However, if you are staying overnight you will need to obtain an exemption voucher QR code from <https://cda.ve.it/en/>  
It also does not apply if you are just transiting through the area between Piazzale Roma bus station and Santa Lucia train station.  
The tax for 2025 is €10, reduceable to €5 if you prebook. For more information and to prebook go to <https://cda.ve.it/en/>. The receipt is in the form of a QR code downloadable to your phone.

**CITTA' DI VENEZIA**  
EXPERIMENTATION FOR THE YEAR 2025  
**THE 54 DAYS**

April							May							June							July										
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S				
	1	2	3	4	5	6				1	2	3	4							1					1	2	3	4	5	6	
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
28	29	30					26	27	28	29	30	31																			

Hours: from 8.30 a.m. to 4.00 p.m.

## 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 (e.g. 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.

## Checking into your accommodation & What's included

If you are on a self-guided trek, you will also be emailed with walk instructions and vouchers for your accommodation and any travel arrangements that we have booked for you. You should take a printed version of this information to carry with you on trek. Please show the voucher at reception at each place you stay when you check in. The vouchers explain to you and to the accommodation exactly what is included in the price of the trip, and what elements you are required to pay for yourself.

**If there are any problems about who is paying for what, please contact us via whatsapp immediately so we can speak with reception to clarify the situation.**

### Accommodation

Please see your invoice for details of the accommodation for your particular trek. The rifugio network in Italy is excellent, but not as economical as you may like it to be. Staying in a rifugio is a great way to stay high in the mountains.

When staying in a rifugio, you must remove your boots at the door and place them in the rack provided. Boots are not allowed inside the rooms. Some huts have stopped offering footwear to use inside the huts, so you should take your own - hut slippers, trekking sandals, crocs or lightweight shoes like sketchers are all ideal for this (and can also be used in the towns to make a change from wearing your walking boots) .

Rooms in rifugi are usually either dormitories (typically with 6-16 beds), or private rooms for 2 – 6 people. Wherever we can we will book private rooms for you. Single rooms are not available in most rifugi. Shared rooms may be occupied 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 rifugi, 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 are a member of a National Mountaineering Organisation, for example the British Mountaineering Council or Austrian Alpine Club, take your membership card and your Reciprocal Rights Card if you have one to obtain discounts in some of the rifugi. However, it is not worth buying these just for this trip.

### A typical trekking day

Life on a hut-to-hut trek usually follows a daily pattern as follows:

You will wake early for breakfast in the rifugio to make the best of the weather as it is usually best in the morning.

You will start trekking straight after breakfast. Your itinerary is timed to allow for rests, drinks and toilet stops along the way.

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 usual for the lunch to be a leisurely affair, Italian-style, if the weather allows.

The trek continues after lunch to the rifugio 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 rifugio. An early night is necessary for an early start the next day.

**Food:** Please refer to your invoice for details of which meals are included in your package price.

- Breakfasts vary - some offer an extensive buffet selection. Others are more restricted, especially Club Alpino Italiano rifugi, where they may place a basket of bread and jam on the table to be shared between the occupants of that table.
- Lunch - either call into another rifugio for lunch if one is en-route, or order a packed lunch from the rifugio the night before. Your personalised walk notes will tell you where lunch stops can be found, or if you need to order a packed lunch.
- Dinners – we book most rifugi on a half board basis for you, so breakfasts and lunches are included. However, a few rifugi only offer dinners on an a la carte basis which you can choose and pay for locally (see your accommodation vouchers for details). Some rifugi will allow you to upgrade from a set menu to an a la carte dinner menu, in which case you pay for the upgrade directly to them.

The food in the Dolomites is a mixture of Italian and Austrian cuisine.

**If you have an allergy, remind the staff when ordering your food.**

## Washing / Toilet facilities

At the rifugi you can either wash in the basins provided, or in showers if 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 rifugi 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 rifugio. If not, please bury your offering and put your toilet paper in a plastic bag to place in the next rifugio toilet. There is nothing worse than seeing the litter of what we describe in the Himalaya as “Western prayer flags” along the way. Keep a bit of 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 rifugi provide wifi, but please do not assume it will be available at every rifugio in the mountains.

## Electricity

There will be some (limited) facilities in most rifugi to charge a phone, but this may mean leaving your phone in a communal area. You may prefer to charge up a power bank in a communal area, then use that to charge your phone. Do not rely on electricity being available at all rifugi. The standard voltage is 230 volts at a frequency of 50 Hertz

**Electric sockets:** Although Italy uses 3 different types of electric sockets, the European adapter type C (shown below) with 2 small round pins fits into most sockets and will be capable of charging a phone.



## Maps

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

## 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 during the daytimes but it can get cool especially in the evenings and first thing in the mornings, and you should always carry a warm layer and both a good quality waterproof jacket and waterproof trousers.

A full kit list is on the following pages:





## DOLOMITES KIT LIST – What to take when staying in mountain rifugi

**All items are essential unless marked optional or recommended**

**The weather** in the Dolomites in the summer months should be pleasantly warm. Shorts / trekking trousers and t-shirts and a light top are typically adequate during the daytimes. However, the weather can change rapidly, and thunderstorms and snow can happen at any time of year so be prepared for anything while trying to keep your rucksack weight to around 8kg before adding your water!

**Quantities** – I normally take just 2 sets of clothes even on a multi-day trek – one to walk in and one to wear in the evening. If you are someone who gets quite sweaty while you walk you might prefer to carry an extra t-shirt. It is possible at most rifugi to rinse out your clothes and dry them overnight in your room (but make sure you are using quick-drying clothing).

	<b>Tops</b>	<ul style="list-style-type: none"> <li>• waterproof jacket</li> </ul>
		<ul style="list-style-type: none"> <li>• 2 fleece or softshell tops</li> </ul>
		<ul style="list-style-type: none"> <li>• down or synthetic jacket or gilet (optional – recommended if cold weather is forecast, probably not needed in the height of summer)</li> </ul>
		<ul style="list-style-type: none"> <li>• 1 long-sleeve quick-drying thermal</li> </ul>
		<ul style="list-style-type: none"> <li>• 2 quick-drying short-sleeve shirts or t-shirts</li> </ul>

	<b>Trousers</b>	<ul style="list-style-type: none"> <li>• 2 pairs quick-drying trekking trousers (preferably zip-off type so don't need to take shorts as well)</li> </ul>
		<ul style="list-style-type: none"> <li>• 1 pair shorts (optional – I take a pair to sleep in)</li> </ul>
		<ul style="list-style-type: none"> <li>• 1 pair waterproof over trousers</li> </ul>
		<ul style="list-style-type: none"> <li>• gaiters (optional, but worth considering for June &amp; Sept treks if there is snow forecast).</li> </ul>

	<b>Footwear</b>	<ul style="list-style-type: none"> <li>• walking boots – a lightweight, waterproof pair of 3-season boots that you are used to wearing</li> </ul>
		<ul style="list-style-type: none"> <li>• footwear to wear in the evenings &amp; when in towns before / after the trek - approach shoes or trekking sandals. I often use a lightweight pair of Skechers shoes to change into as they are lighter than trekking sandals. Note that footwear in addition to your walking boots is necessary as many rifugi no longer provide hut slippers since the Covid pandemic.</li> </ul>

	<b>Underwear</b>	<ul style="list-style-type: none"> <li>• underwear</li> </ul>
		<ul style="list-style-type: none"> <li>• walking sox - I usually take a maximum of 3 pairs and wash them out if I am on a multi-day trek. (+ liner socks if you use them to reduce rubbing)</li> </ul>
		<ul style="list-style-type: none"> <li>• t-shirt/shorts as sleepwear in mixed dormitories</li> </ul>
		<ul style="list-style-type: none"> <li>• swimwear (optional)</li> </ul>

	<b>Extremities</b>	<ul style="list-style-type: none"> <li>• sunhat / cap</li> </ul>
		<ul style="list-style-type: none"> <li>• warm / fleece hat</li> </ul>
		<ul style="list-style-type: none"> <li>• thin gloves (waterproof gloves are better). Remember it can snow...</li> </ul>

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	<b>Paperwork</b>
	<ul style="list-style-type: none"> <li>• passport (and visa if necessary)</li> </ul>
	<ul style="list-style-type: none"> <li>• cash in euros (there are no ATMs in the mountains, and some rifugi only accept cash).</li> </ul>
	<ul style="list-style-type: none"> <li>• credit card for emergencies – rescue in the Dolomites is by helicopter which you would need to claim back on your insurance</li> </ul>
	<ul style="list-style-type: none"> <li>• travel insurance details</li> </ul>
	<ul style="list-style-type: none"> <li>• alpine Club / BMC membership cards and/or reciprocal rights card if you already have them (not worth buying specifically for this trip)</li> </ul>
	<ul style="list-style-type: none"> <li>• your maps (Self-guided clients)</li> </ul>
	<ul style="list-style-type: none"> <li>• your personalized trip notes &amp; bus times (Self-guided clients) We recommend taking a printed copy</li> </ul>
	<ul style="list-style-type: none"> <li>• your accommodation vouchers – printed version as you will need to show these at check-in each evening (Self-guided clients)</li> </ul>
	<b>Equipment</b>
	<ul style="list-style-type: none"> <li>• rucsac: approx 40 - 45 litres (has to be big enough to carry all your kit on trek)</li> </ul>
	<ul style="list-style-type: none"> <li>• kit bag &amp; small padlock for storing spare clothing at base (see note on luggage storage below)</li> </ul>
	<ul style="list-style-type: none"> <li>• roll-top waterproof rucsac liner(s) - (I use 3: 1 for my waterproof jacket/trousers, 1 for warm layers &amp; kit which I may need during the day, 1 for kit I will need overnight).</li> </ul>
	<ul style="list-style-type: none"> <li>• 2 trekking poles (optional but strongly recommended – there are some steep paths in the Dolomites)</li> </ul>
	<ul style="list-style-type: none"> <li>• torch &amp; spare batteries (ideally a headtorch, and <u>must</u> be a headtorch if you wish to explore the WW1 tunnels on the Alta Via 1 trek)</li> </ul>
	<ul style="list-style-type: none"> <li>• sunglasses</li> </ul>
	<ul style="list-style-type: none"> <li>• sheet sleeping bag liner (silk is best as it packs down smaller and is lighter than cotton). Note. All refuges provide duvet or sheets and pillows, but it is essential you use these with a sheet sleeping bag liner.</li> </ul>
	<ul style="list-style-type: none"> <li>• earplugs (strongly recommended for dormitories)</li> </ul>
	<ul style="list-style-type: none"> <li>• stuff sack to use as a pillow case (optional)</li> </ul>
	<ul style="list-style-type: none"> <li>• small lightweight trekkers towel</li> </ul>
	<ul style="list-style-type: none"> <li>• toiletries - just pack small amounts into travel size bottles &amp; any personal medication</li> </ul>
	<ul style="list-style-type: none"> <li>• good sunscreen</li> </ul>
	<ul style="list-style-type: none"> <li>• tissues</li> </ul>
	<ul style="list-style-type: none"> <li>• resealable plastic bags for packing out toilet tissue</li> </ul>
	<ul style="list-style-type: none"> <li>• personal 1st aid kit</li> </ul>
	<ul style="list-style-type: none"> <li>• duck tape (small amount for repairs)</li> </ul>
	<ul style="list-style-type: none"> <li>• snacks</li> </ul>
	<ul style="list-style-type: none"> <li>• resealable plastic bags for carrying lunch</li> </ul>
	<ul style="list-style-type: none"> <li>• water bottles / drinks bladder (1½ litres minimum)</li> </ul>
	<ul style="list-style-type: none"> <li>• water purification tablets (optional). The water in the taps at some rifugi is drinkable – please ask the staff if unsure. Bottles of drinking water can be purchased at all rifugi.</li> </ul>
	<ul style="list-style-type: none"> <li>• a compass (Self-guided clients)</li> </ul>
	<ul style="list-style-type: none"> <li>• a waterproof map case (Self-guided clients)</li> </ul>
	<ul style="list-style-type: none"> <li>• phone – there is a signal in most but not all of the Dolomites. Many rifugi have wifi</li> </ul>
	<ul style="list-style-type: none"> <li>• charger for phone / camera (EU 2 round pin plug) and appropriate charging cables</li> </ul>
	<ul style="list-style-type: none"> <li>• we recommend taking a power bank for charging in communal areas and also if you are using your phone for navigation (optional)</li> </ul>
	<ul style="list-style-type: none"> <li>• camera with sufficient memory cards (optional)</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Alta Via 2 clients and anyone trekking to Rifugio Pisciadu or Rifugio Boe</b> should also take a via ferrata set, a climbing harness, a climbing helmet and we also recommend taking some fingerless gloves for protection from metal strands on the via ferrata cables. (Not required for anyone who is just trekking the AV2 from Val Gardena to Bressanone)</li> </ul>

#### Luggage storage:

Please check the itinerary on your invoice to see if you will return to the same hotel at the end of the trek in which case you should be able to store luggage at the hotel.

However, some of our routes are linear, and where that applies to you there may not be anywhere to store kit that you are not going to take on trek. Please check with us if you are unsure.



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 email: info@trekmountains.com  
 web: www.trekmountains.com

## Medical Form

Please complete and sign this form online at <http://trekmountains.com/pre-trek/medical-form/>

If you 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 trip. Then scan or photograph the form and return it to us by email.

- trekMountains operates in some extreme and inhospitable terrain. 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. If you are on a guided trip it will be shared with your trek leader who has responsibility 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.

<b>Title:</b>	<b>First / given names:</b>	<b>Surname:</b>	
(as shown on your passport)		(PLEASE PRINT CLEARLY IN CAPITALS)	
<b>Trek Title:</b>			
<b>Dates of Trek:</b> (dd/mm/yyyy)		<b>Height:</b>	
<b>Date of birth:</b> (dd/mm/yyyy)		<b>Weight:</b>	
<b>Passport number:</b>		<b>Gender:</b>	
<b>Passport date of issue:</b> (dd/mm/yyyy)		<b>Passport place of issue:</b>	
<b>Passport date of expiry:</b> (dd/mm/yyyy)		<b>Nationality on passport:</b>	
<b>Condition</b>	<b>Yes/No</b>	<b>Details (please add additional pages if required)</b>	
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			

- I understand that I will be undertaking a trip which requires a good level of fitness and I believe that I am fit enough to complete this trip 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 have a pre-existing medical condition which might affect my ability to complete the trip, I will also send trekMountains a printed version of this form, with my doctor's signature below to confirm that he / she considers I am fit enough to undertake this trip.

Signature.....

Date.....

Signature of Doctor .....

Date .....