



## High Mountain Summer Pack List

The essentials to bring on a mountain trip.

### How to use this lists

”What to wear” is what you at minimum should wear in the mountains when hiking. If you are hiking a short trip 1 – 2 hours, then ”What to wear” list is sufficient for these hikes. If you are hiking longer, 2+ hours, it is recommended to bring a ”Daytrip pack” with the essentials listed here.

If you are hiking further and planning to tent, all these four lists combined; ”What to wear”, ”Daytrip pack”, ”Multiday (Cabin)” and ”Multiday (Tenting)”, is the recommended setup for your hike.

Multiday comes in two versions; ”Cabin to cabin” and Tenting.

Cabin to Cabin, you need less stuff, shelter and a nice bed is waiting at the cabin.

At some cabins it is food there, read more about cabins:

<https://english.dnt.no/about-the-cabins/>

A ”Cabin to cabin” backpack is usually between 7 – 12 kg of essential gear.

A ”Tenting backpack” in normally between 12 – 20 kg of essential gear.

What to wear	+ Daytrip pack	+ Multiday (Cabin)	+ Multiday (Tenting)
Wool socks	Windproof Jacket	Sleeping liner	Sleeping pad
Trousers	Beanie	Underwear	Sleeping bag
Shirt/T-shirt	Neckband	Toiletries	Cutlery + plate
Sweater	Mittens (windproof)	Towel	Cup
Mountain boots	Wool base layer top	Extra Wool base layer top	Matches
	Wool base layer legs	Extra Wool base layer legs	Cooking stove and fuel
	Extra socks	Headlamp	Tent
	Food	Toilet paper	Extra Food
	Water bottle	Thermos	
Total weight	<5kg	7kg – 12kg	12kg – 20kg