

GENERAL / BASIC KIT LIST FOR SWISS CHALLENGE

- 1) RUCKSACK (For waterproofs, drink, snack “sun cream”, gloves hat etc).
- 2) WATERPROOF LINER FOR RUCKSACK, (Bin bag or similar).
- 3) Watch (not essential).
- 4) WALKING BOOTS AND DECENT WALKING SOCKS, AT LEAST 2 PAIRS OF SOCKS.
- 5) WATERPROOF OVER TROUSERS JACKET AND HOOD. Also it would be advisable to take a wooly hat, and/or balaclava .
- 6) LIGHTWEIGHT WALKING TROUSERS, **(JEANS are definitely not suitable)**
- 7) WARM GLOVES, THERMAL VESTS, LEGGINGS ETC. TO SUIT.
- 8) Water bottle , and /or flask for hot/cold drinks, to suit each individual.
- 9) Chocolate bars or dried fruit etc,
- 10) **MEDICAL SUPPLIES, INHALERS ETC THAT YOU MAY REQUIRE.**

There shall be at least one person with a general first aid kit, however if you suffer from blisters, it may be advisable to purchase your own “Blister” kit, again from White and Bishop or any chemist.

“SUN CREAM” Obviously when we are walking, it could be hot and sunny. When climbing the mountain we could be exposed to the sun for virtually all of the time, again it is at your discretion, but I would certainly advise everybody to carry some sun protection cream.

Again, dependent upon the weather, you may need light clothes, you can use your own discretion.

CHECK WEATHER ON THE INTERNET AT :-

<http://www.qwikcast.com/cgi-bin/forecast.cgi?zip=Lauterbrunnen,CH> OR

<http://www.qwikcast.com/cgi-bin/forecast.cgi?zip=Muerren-Schilthorn,CH>

A COUPLE OF DAYS BEFORE WE LEAVE.

PLEASE DO NOT FORGET THAT WE ARE WALKING IN THE SWISS ALPS, EVEN IN SEPTEMBER THE WEATHER CAN CHANGE QUITE QUICKLY FROM A REASONABLE WARM DAY TO TEMPERATURES DROPPING BELOW FREEZING, TAKE CLOTHES ACCORDINGLY. MARK AND URSULA, AT THE HOTEL OBERLAND USUALLY GIVE US A QUITE ACCURATE WEATHER FORECAST BEFORE WE START THE WALK.

THANKS EVERYONE, I AM CONFIDENT THAT WE CAN ALL ACHIEVE THE GOAL OF REACHING THE SUMMIT OF THE SCHILTORN, I AM SURE THAT ONCE YOU HAVE CARRIED OUT THIS CHALLENGE YOU WILL ALMOST CERTAINLY WANT TO RETURN TO SWITZERLAND AT A LATER DATE.