



WHAT TO BRING



Dear guests of **LuckyFit**,

Once you've made a reservation for your program, here's what you'll need:

- ▶ hiking shoes
- ▶ tourist socks
- ▶ flip-flops
- ▶ sneakers or comfortable gymnastics shoes
- ▶ shorts and trousers for mountain hiking
- ▶ long sleeved shirts/blouses
- ▶ sweaters that absorb moisture
- ▶ a warm top garment made of polar fleece or wool
- ▶ jacket according to the season
- ▶ hat (winter)
- ▶ gloves
- ▶ sun hat
- ▶ a compact folding umbrella
- ▶ raincoat with a hood
- ▶ sunscreen
- ▶ swimsuit
- ▶ sunglasses
- ▶ cotton headband
- ▶ socks, underwear
- ▶ toiletries
- ▶ camera
- ▶ aspirin
- ▶ a good book for reading
- ▶ good mood!

Additional note:

- ▶ The raincoat, the warm top garment, the jacket, the hat and the gloves are mandatory for everyone!
Yes, even in the summer! Do not forget them!
- ▶ We will provide you with bottles of water, 2 T-shirts and 1 hat with the **LuckyFit** logo.
- ▶ The clothes you use during the program are washed free of charge.

