

## Mount Triglav Ascent, Slovenia

### ESSENTIAL EQUIPMENT

The weather can change quickly in the Julian Alps and even in summer it is possible to get snow. Expect temperatures between -5°C and +30°C. Therefore the following equipment is required:

#### We suggest the following:

- Walking boots suitable for mountaineering/trekking - Vibram soles or similar
- Quick drying t-shirts and/or casual shirts
- Fleece or windstopper jacket
- Lightweight waterproof clothing - jacket (GoreTex)
- Trekking trousers
- Rucksack 35-50 litres
- Spare clothes and socks
- Warm hat and gloves
- Eyewear – Sunglasses
- Basic First Aid Kit: Compeed, plasters
- Sun protection (including total bloc for lips, nose)
- Water bottles (1-1.5 litre)
- Wash bag and toiletries
- Camera & batteries
- Some sweets, chocolate, powerbar

### ADDITIONAL EQUIPMENT

The following equipment is also necessary in order to climb the last section of Triglav, which is quite technical and involves more difficult terrain. Such equipment can be rented from us with prior notice:

- Helmet and harness

