

The swiss alps are a very cold region, especially this time of year. Whatever you pack for warmth assuming it'll be enough, pack even more/warmer clothes.

A large backpack with:

- hiking boots! Good footwear is important, we will probably walk through the snow/ice
- warm sweaters
- thermal underwear
- Winter jacket
- Pants, ski pants or warm trekking pants
- Underwear
- Comfortable, good and warm socks
- Hygiene products
- Personal medicines
- Gloves, hat, scarf
- Sunscreen, sunglasses
- Sleeping bag and sleeping mat
- Headlamp
- Water bottle (approx. 3l) Maybe a thermos with a warm beverage :)
- Lunch for the day of arrival
- Snacks for the hike
- Portable ashtray if you smoke
- ID/ Passport (See Anti Rep)
- approx. CHF 100 for train ticket, donations to activists
- First aid kit
- space blankets

Have leftover space?

- banners, posters (for political messages)
- musical instruments

What you do NOT need:

- Your smartphone or laptop
- Other personal documents