

Alta Via 2

I did not weight gear for the AV2. This gear list was put together in retrospect & contains reflections (for next time).

Worn/Carried	Item	Reflection for Next Time
Hat	Patagonia P-6 Label Maclure Hat	Find something lighter & nylon
Glasses	Shady Rays	
Baselayer Top	Patagonia Tropic Comfort Sun Hoody	Humidity made this stink. Opt for running singlet
Baselayer Bottom	Patagonia Strider Pro Shorts (liner removed)	
Hiking Shoes	Altra Superiors	
Socks	Darn Toughs	
Gaiters	Dirty Girls	
Trekking Poles	Black Diamond Aluminum FLZ 125-140cm Poles	
Other Clothing	Item	
Rain Jacket	Patagonia Rain Jacket	
Midlayer	Patagonia Micropuff Jacket	Too warm, did not use; OMIT next time
Midlayer	Melanzana	Synthetic vest would have been lighter & sufficed
Hut Shirt	Thrifted cotton t-shirt	
Hut Bottoms	Patagonia Terrebone Joggers	
Hut Slippers	Bedrocks	Could have been lighter. Maybe Xeros next time
Socks	Darn Toughs	
Packing & Sleep	Item	
Backpack	Gossamer Gear Kumo	
Pack Liner	Small Trashcompactor Bag	
Sleeping Bag Liner	Sea to Summit Silk Blend Sleeping Bag Liner	Really all you need for rifugio beds
Kitchen	Item	
Water Bottle	2 1L Smartwater Bottles	2L was sufficient capacity
Water Treatment	Bleach	
Spoon	McFlurry Spoon (trimmed)	Did not use; OMIT next time
Knife	Derma-safe Folding Utility Survival Knife	Did not use; OMIT next time
Other	Item	
Light	Nitecore NU25 (modified strap)	
Toothbrush	Toothbrush from Airplane	
Toothpaste	Colgate Travel Size	
External Battery	Ankar PowerCore 6000mAh Portable Charger + Cables	Did not use; OMIT next time; just charge at rifugios
Phone	iPhone (+ Ziploc for waterproofing)	
Headphones	AirPod Pros	
SOS	Garmin inReach Mini 2	
Sun Protection	SPF Chapstick	Bring sunscreen! Forgot ours which was a mistake
First Aid Kit	Duct Tape, Thread + Needle, Tweezers, Imodium, Benadryl	
Journal	My journal	Still searching for blank rite-in-rain booklets :(
Pen	Ballpoint Pen	
Kindle	Kindle Paperwhite	Great for time in rifugios
Towel	Travel towel	Ours wasn't great; OMIT or get different for next time
Soap		Wish we had a little bit for showers; bring next time
Microspikes	Black Diamond Distance Spike Traction Device	Did not use; OMIT next time
Harness	Climbing Harness	Personally felt comfortable without; OMIT next time
Via Ferrata Gear	Friend's via ferrata sling	Personally felt comfortable without; OMIT next time