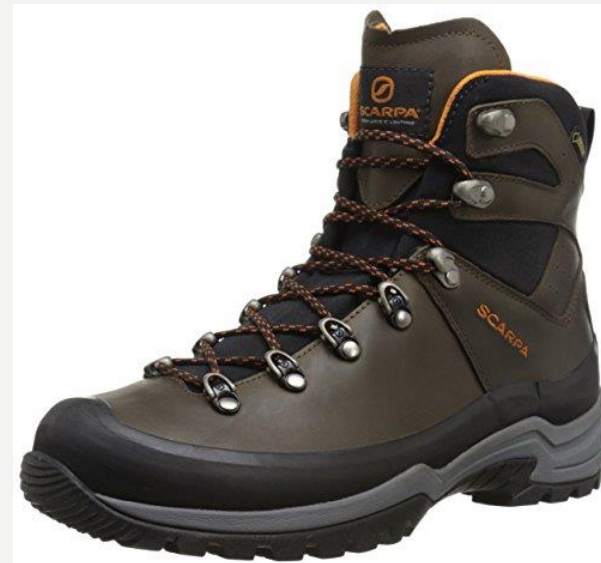


TREKKING

THE TERM TREKKING DERIVES FROM TREK WHICH LITERALLY MEANS "WALKING PATH". THIS ACTIVITY REQUIRES THE ABILITY TO FACE A VARIETY OF SITUATIONS THAT REQUIRE USE OF AN ADEQUATE AND FUNCTIONAL EQUIPEMENT.

INTEGRAL PART OF THE LATTER ARE:

- *Trekking boots*, that must be of the right weight to stick to all types of ground and high in order to protect the ankles from possible distortions;



- A hiking backpack, from the capacity of 25-35 l, with side pockets able of containing a water bottle, and also a superior pocket where to put the objects of frequent use. It must also have compression straps necessary to compact the weight of the backpack;



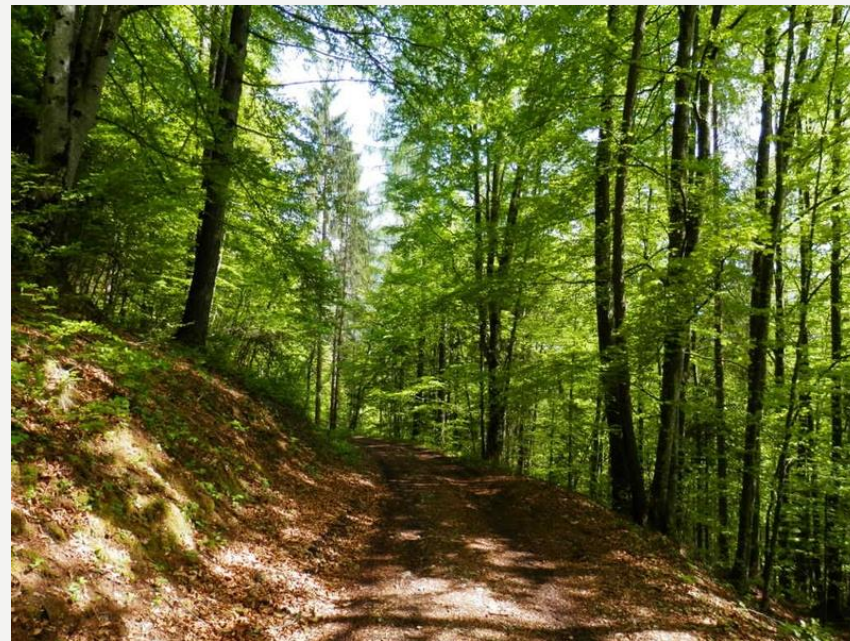
- A pair of telescopic poles, to use in case of downhill;
- A backpacker's bag, composed by: multipurpose knife, matches and sheet of newspaper, needle and thread, plastic bag and medical kit;
- Personal medicine, if necessary, to use in case of allergies or other illnesses, besides protection creams;



- A **cap** to protect yourself from the sun;
- A pair of **sunglasses**, because the reverberation on the rocks can be very strong.



You must also follow some small advice, which: face only paths that are appropriate to one's abilities, don't walk away alone if if you do not know the places and if you do not have a map and mostly to agree with the other participants the time and place of meeting.



HAVE A NICE TREKKING!



Masíni Roberta