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Refuge based Peak bagging (TFR)– suggested packing list

The following list has been put together to give you an idea of what to pack for your walking holiday. It is all fairly obvious and I am sure that you have your own clothing and packing system. The most important thing is to pack light and consider every little thing that you put in your bag. On a trip like this a light bag greatly enhances the enjoyment. Remember you are on a guided trip, so you do not need toys like GPS and other safety equipment that you would carry if you were on your own in the UK hills. There is a very good gear shop in Ax, so any items you are missing can be purchased here.

EXPECTED WEATHER CONDITIONS.

In the mountains the weather changes very fast and in the same day we could expect anything from 10 to 30 degrees. Even walking into the shadow of a forest can cause a 10 degree temperature drop. You can generally expect perfect walking conditions of around 20 degrees. Rain and wind cannot be ruled out and you should be prepared for this even if it is looking bright and sunny in the morning. Afternoon thunderstorms are fairly common, although tend to be localized and pass fairly quickly. We start the walking days early so that we are not on the ridges when thunderstorms strike.

REGULATING YOUR TEMPERATURE.

The best thing to pack is lots of layers which can be used in any combination and all together in the case of an emergency. The most important emergency items being gloves and a warm hat.

ACCOMODATION

The Hotel Terminus: (Ax-les Thermes) twin rooms with en-suite bathrooms overlooking the river Ariège. It is opposite the railway station 5 mins walk from the centre of town. The hotel restaurant serves up fresh local produce.

Refuge des Besines: This is a comfortable modern refuge at 2104m built at the edge of the tree line overlooking the imposing Puig Pedros. There is a lake below the refuge and is the perfect place to relax. It holds 55 people in dormitories of varying sizes. It has hot showers and inside toilets.

L'Hospitalet-pres-l'Andorre: The gite d'etape is located in the centre of the village close to the shops and bars. It is a friendly family run place with a spacious lounge / dining room. Sleeping is in dormitories. There is unlimited hot water.

Refuge du Ruhle: This new refuge is perched on a south-facing hillside at 2185m. It commands a stunning view of the Andorran border and is a great place to sit and admire the sunset. It holds 50 people in dormitories and has hot showers and inside toilets

ACCESS TO YOUR MAIN LUGGAGE.

To help minimize the amount of kit you carry with you on the trek you can leave a bag at Hotel Terminus. We will arrange for this bag to be at the Gite D'Étape in L'Hospitalet, so you can get a change of clothes mid way through the trek. Naturally we will take it back to the Hotel again!

WASHING CLOTHES

If you get in to a clothes washing routine every evening, you only need 2 sets of clothes, one day and one night. Most modern wicking clothes will dry over night. There are sinks in the refuges for rinsing things through. A length of string and some cloths pegs will cause some envy amongst other refuge users.

FOOD

The evening meals will be provided by the Refuges, Gites d'Étapes or the Hotel. These meals are designed around the walkers appetite - so you can expect to be fed good food in vast quantities. Most dishes served are traditional to the region which has a large Catalan influence.

Refuge breakfasts are well known for being unsubstantial, so you will be asked to carry extra rations to supplement the diet.

Refuge lunches suffer from being indigestible, so you will be supplied with a substantial goody bag at the start which will be restocked in L'Hospitalet. This should be sufficient, however if you have any favorite snacks, please do not hesitate to bring them along

The food pack will weigh about 2kg and take up about 4 liters in your backpack.

KIT REQUIRED

The week has two parts, backpacking between the refuges and then the 2.5 day walks, consequently I have produced two lists. Please note that you will be wearing some of this stuff

BACKPACKING

Essential kit

- Rucksack - 35 to 45 Litres (if you need a larger pack you have too much gear)
- Walking Boots (worn in and comfortable)
- Sheet sleeping bag
- Wash kit (toothbrush, toothpaste, flannel, soap, cloths washing soap)
- Torch (and spare batteries)
- Penknife
- Personal medication (eg. drugs and blister treatment, not First Aid kit)
- Water bottles (minimum of 1.5 liters of capacity)
- Plastic bags (having everything in small bags is best)
- Sunglasses
- Sunscreen creams
- Money in small notes and change (you don't need store cards and leather case!)
- Passport
- Lunch pack

Clothing

- Waterproof jacket
- Fleece
- 2 wicking tops or equivalent t-shirts
- 2 sets of underwear
- 3 sets of socks
- Shorts
- Long trousers
- Warm gloves
- Warm hat
- Sun hat

Optional Gear

- Book
- Refuge Shoes (some kind of slippers or sandals are provided by the refuges)
- Towel (Be warned that these don't dry and sit heavy in you bag when wet. A flannel is better)
- Water purification system (iodine or puritabs)
- Camera, film and batteries.
- Walking poles (recommended)
- Waterproof trousers (Although the rain is generally warm so shorts are better!)
- Gaiters

Group kit (provided by James)

- 30m Rope
- Slings and karabiner
- First Aid kit
- Emergency group shelter.
- Spare map and compass
- GPS
- Telephone

DAY TRIPS

We want as little as possible on these days, so that we can travel further, faster and do some more exciting walking.

Essential kit

- Rucksack – don't bring a 2nd one! One that compresses well is best.
- Walking Boots
- Torch (you never know!)
- Personal medication (eg. drugs and blister treatment, not First Aid kit)
- Water bottles (minimum of 1.5 liters of capacity in total)
- Sunglasses
- Sunscreen creams
- Passport
- Lunch

Clothing (depends on the weather)

- Windproof / waterproof jacket
- "Summer" walking trousers
- Shorts
- Wicking top
- Thin fleece (or more wicking t-shirts)
- Thin gloves
- Warm hat
- Sun hat

OPTIONAL GEAR

- Walking poles (highly recommended)
- Windproof / waterproof trousers
- Penknife
- Gaiters

INSURANCE

Please make sure that you arrange suitable insurance cover and that you bring the details with you.

European Health Card. (UK residents only). It is advisable that you also obtain a European Health Insurance Card (EHIC) before you travel. The EHIC entitles you to free or reduced cost emergency medical treatment, in the EEA (European Economic area) and certain other countries. Applications are available at the post office or online at <http://www.dh.gov.uk>. The EHIC is the replacement of the E111 which is no longer valid. Many insurers will insist you travel with this.