

# Aspromonte National Park

## Packing List

### General Essentials

- Valid ID/passport & travel insurance
- Printed/digital map of Aspromonte trails
- Local emergency contact numbers
- Reusable water bottle (1-2L per person)
- Snacks & energy bars
- Sunglasses & sunscreen (SPF 30+)
- First-aid kit (bandages, antiseptic, pain relievers)
- Power bank & charging cables
- Cash (small bills for rural areas)

### Hiking Gear

- Sturdy hiking boots (water-resistant)
- Comfortable moisture-wicking clothing
- Lightweight rain jacket/windbreaker
- Hat/cap for sun protection
- Trekking poles (if you use them)
- Headlamp/flashlight (with extra batteries)
- Small backpack (10-20L) for day hikes
- Binoculars (for bird & wildlife spotting)

### Family-Friendly Must-Haves

- Kid-friendly snacks & drinks
- Extra clothing layers for kids
- Baby wipes & hand sanitizer
- Emergency whistle for kids

- Lightweight picnic blanket

### Eco-Friendly Additions

- Reusable cutlery & cups
- Biodegradable soap & wet wipes
- Trash bags (Leave No Trace)
- Reusable shopping bag
- Eco-friendly sunscreen & insect repellent

### Seasonal Extras

- Spring/Summer:** Bug spray, extra water, cooling towel
- Autumn/Winter:** Warm gloves, thermal layers, beanie

Pack wisely and enjoy your **Aspromonte adventure!** 🏔️ 😊