

REQUIRED MATERIAL TREKKING 7x7

General material needed for the camp:

T-shirt (5) + shorts (2) + socks (5)

Long sleeve thermal t-shirt + long thermal tights

+ long socks + winter hat

Long sleeve sweatshirt + long pants (2)

Raincoat + fleece liner + anorak (coat) for mountain
excursions

Sneakers with mountain sole (2)

Swimsuit + flip flops + towel

Cap + sunscreen + lip balm + water bottle

Torch (flashlight) or headlamp

Pijamas + sleeping mat + sleeping bag comfort
temperature 0°C

Toothbrush and toothpaste + shower soap + comb

Specific material for the Trekking 7x7 camp:

Backpack 40-50L + raincover for the backpack
+ trekking pole (optional)

Bivouac sack + cup, plate and camping cutlery

COLÒNIES ESTIU PYRENE

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42°25'23.4"N 1°38'09.1"E