

Necessary equipment for the Cinque Terre Trail

Bring with you	YES	OPTIONAL	NO
Not rigid luggage max 10 kg		X	
Not rigid luggage max 15 kg		X	
Not rigid luggage max 20 kg		X	
Changing clothes for the trail	X		
Changing clothes for the free time	X		
Spare trail-running shoes	X		
Slippers or flip flops		X	
Sheet bag			X
Towel			X
Sleeping bag			X
Toothpaste and toothbrush	X		
Food for lunches	X		
Electrolytes	X		
Book		X	