



trekking & outdoor footwear



THE OUT-BOOK

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Experiencing contact with the mountains or more generally with the natural environment is an inexhaustible source of physical and mental wellbeing. Everyone freely chooses their own type of experience and different degree of commitment, but for everyone the rule applies that the relationship with nature must be a happy moment of true regeneration. A condition that is achieved also and above all through a conscious approach, with respect to what the mountains and nature can give, but also with respect to what they can take away.

With this booklet AKU therefore wants to offer a modest contribution, particularly to new lovers of the mountains and the outdoor life, to finding their own right dimension; useful advice for good practices that are often taken for granted, but which can sometimes make the difference between a great satisfaction and an experience to forget.

(AKU)
trekking & outdoor footwear

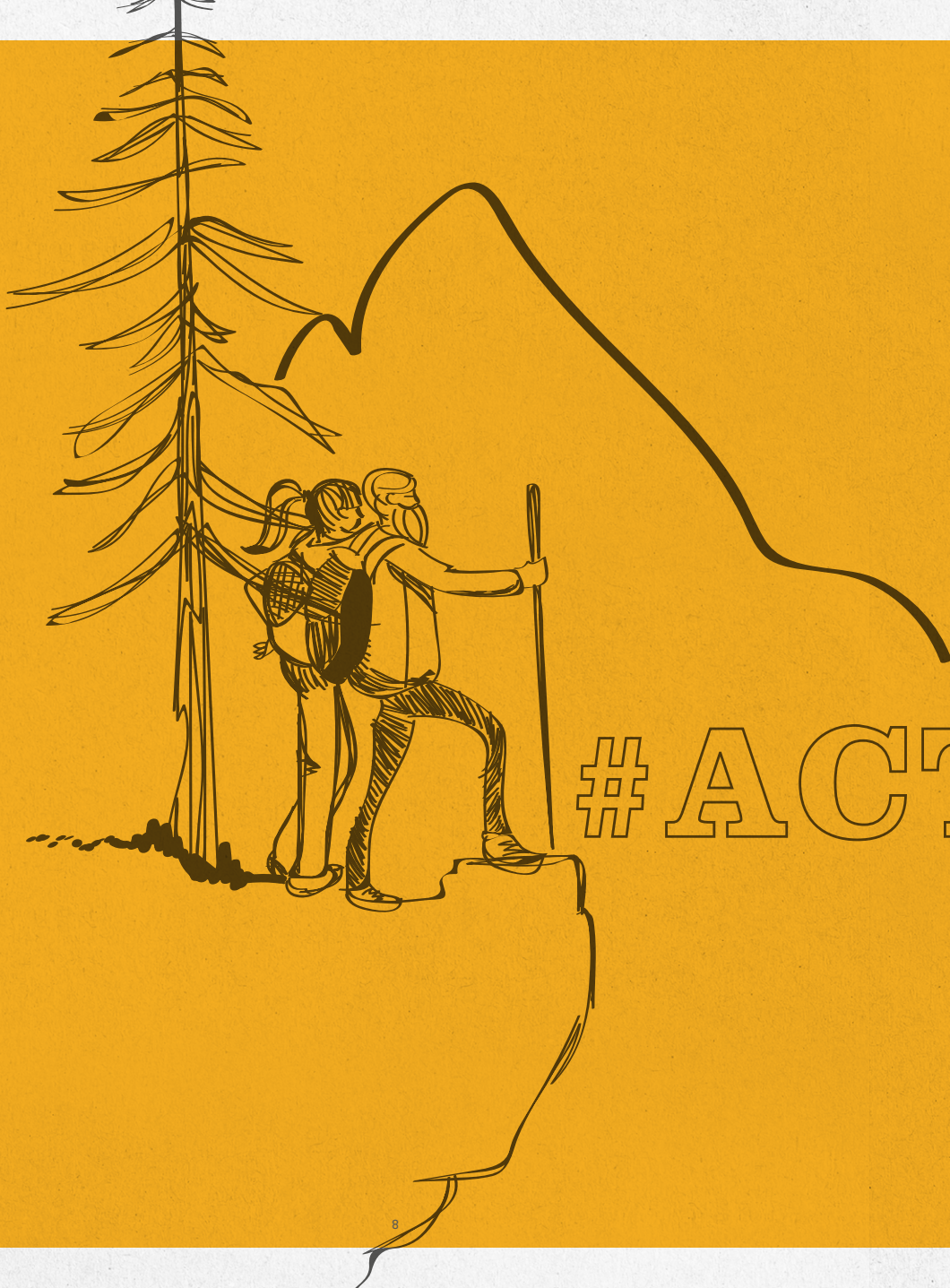


ENJOY THE
OUTDOORS
*re*ACTIVE
RESPONSIBLY

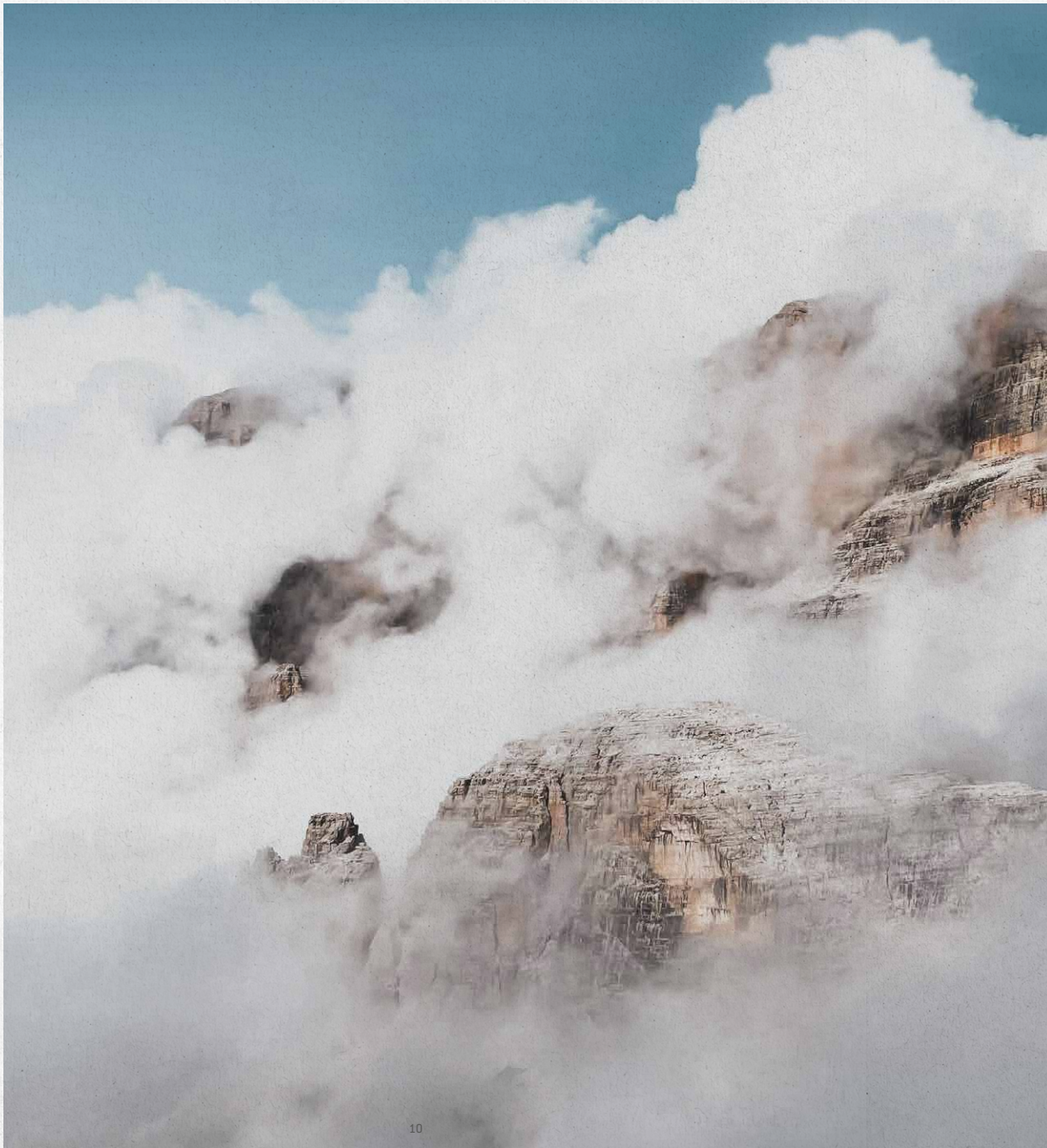
**SAFE STEP,
STRONG HANDS,
FREE MIND
AND HAPPY HEART.**

We like to experience the outdoors with this spirit:
free but aware, dynamic but responsible.

Mountaineering, long treks, slow and fast hiking.
We are enthusiastic about any kind of experience
in contact with nature. Just like you.



#ACTIVITIES



#ACTIVITIES

[MOUNTAINEERING]

Summits, ridges, *couloirs*, walls. Whether it is on the sharp *Aiguilles* of Mont Blanc or the pale walls of the Dolomites, among the ice meringues of Patagonia or among the gusts of wind in Alaska, mountaineering is probably the most fascinating and elitist activity of mountain climbing. It may not be the oldest activity, but it is certainly the one that evokes the greatest number of legendary characters, exhilarating events, and extraordinary circumstances.

On our way, we will encounter rock, snow, ice or mixed-terrain routes, ropes will be lifesaving companions in progression and abseiling, the metal tips of crampons and ice axes, or simply the ends of our boots, will be the meagre point of contact between us and the mountain, a progression that metre after metre will take us to our destination.



MOUNTAINEERING

HIGH ALTITUDES

High altitudes are a world apart, just as, conversely, are the ocean depths. Places where normal sensations, known and individually experienced physical and physiological laws no longer apply, or falter dangerously. Mysterious and unfrequented places, where our presence must in any case be limited to brief digressions and then return to the more congenial life downstream. As we climb higher and higher, almost as if to test the unknown part of the troposphere, there is not only the aspect of the well-known rarefaction of the air. There is the cold, the fatigue, the slowness, the vulnerability, certainly. But also the

awareness of being privileged not only to be able to climb those mountains, but also to have them at our disposal, thousands of metres above the sea, accumulated by the Earth's thrusts.

Let's put it this way: if, with one's face turned to the sea from the beach, the horizon line for a person is about eight kilometres away, from the summit of Everest the horizon sweeps up to three hundred and fifty kilometres, truly a fascinating change of perspective that, in itself, makes climbing the world's highest mountains irresistible.



MOUNTAINEERING

CLIMBING

Rock, pitons, hammer, ropes, handholds and foot holds. Climbing develops in this way, inch by inch, with our navel as close as possible to the rock on terrain that is now generously gripped, now fearfully smooth. Often the roped party is made up of two people, stretching like a giant earthworm up the wall, then reaching the belay, then stretching again for the next pitch, aiming for the barred horizon up there on the summit, or the ridge.

The sensations of climbing are intense, it is a journey in which, once immersed, it usually takes time to get out. And metaphorically, we mean. Sometimes, the dozens of "pitches"

that take us to climb a mountain take several hours, or days, before concluding with the summit and the subsequent rappel down to the valley. Because you can't usually get away from a wall in a hurry, and that is also the beauty of this all-encompassing experience.

But there are other aspects, because climbing can also be understood in a more playful way, perhaps on the crags in the lower valleys, which allow us to concentrate only on the wonderful technical act of climbing, having to worry less about holding pitons, the storm, abseiling, our daily worries.



MOUNTAINEERING

SCRAMBLING

Scrambling is play, joy, lightness, intuition and exploration. In practice it involves walking on steep terrain that often involves the use of the hands in progression, but without the use of a rope. If we were to use the difficulty scale, we could speak of second, maximum third degree. But then, out there, with scrambling we end up encountering not only rocks, but also very steep ridges of smooth grass, broken and unstable scree, and dangling shrubs that we have to test before putting some of our weight on them. We are talking about a complete adventure in short.

Sometimes scrambling can be the approach to a more demanding climbing route, but often it is a world of its own, experienced by a multitude of passionate connoisseurs, capable of moving over terrain that is never banal, unmarked and secret, where the day is only brought home after having made hundreds of small decisions during the outing on the route to take, the handhold to grasp, in what is a mental as well as physical test.



MOUNTAINEERING

VIA FERRATA

They can be historical - and some are now over a hundred years old - and unravel along complicated systems of natural ledges, or they can be of recent construction and focus more on the recreational and sporting aspect. These are the vie ferrate, and for many they are, immediately after hiking, the initiation to a more challenging way of going into the mountains. Certainly, from a physical point of view, but also from a mental one, especially when one finds oneself facing aerial passages with emptiness below, keeping vertigo at bay.

A helmet, harness, carabiners, lanyard, and heel pad are the appropriate safety kit with which to approach this fascinating discipline. Only in this way will we be able to fully and safely enjoy the exciting progression that awaits us, performing the ritual of attaching and detaching the carabiners in the various pieces of metal cable, the slight jingling to mark, together with our inevitable panting, the ascent towards the desired destination.



#ACTIVITIES

[HIKING]

This is the most natural activity in the world: hiking, the child of the act of simply walking. Sometimes it is not celebrated enough, but it must be firmly stated that walking is a wonderful act, which we sometimes take a little for granted but which at the same time gives a lot of freedom, and is within the reach of almost everyone.

One can go almost anywhere on foot. Roads, dirt roads and paths, sure. But you can also walk sideways across a meadow if you feel like it, or thread your way through any untracked valley, or dodge the obstacles of an intricate undergrowth. Our feet are good for most environments and situations, and we don't have to expend extra energy to handle them. With our feet, we focus on the things to be discovered out there, and we will be aware that all or almost all of the world's wealth will be available to us with a simple gesture: a pair of boots, a rucksack, some gear and clothing, one step at a time. Free for real, without rhetoric.



HIKING

— HIGH PATHS —

The first intuitions came as early as the end of the 1950s, and then a simple but fascinating idea became more and more popular: to unite existing sections of trails along well-thought-out stages with reasonable footholds, breath-taking views and unmissable peaks.

Without ever going too low. So as to sleep on them, on those peaks, and ensure a more intimate and vivid experience with the surrounding environment.

A horizon of mountains always available, for days on end.

These are the High Paths.

The fascination of arriving, for example, from one end of a chain of the Alps to the other - or, why not, the entire Alps! - is thus interspersed with a myriad of encounters with other hikers and a variety of environments, languages, cultures and landscapes.

The rucksack will inevitably be heavy, weighing down your legs and thoughts especially the first few days. Then it will ideally become lighter: a high path is an experience to be had at least once in a lifetime!



HIKING

— TRAILS —

Trails are the traces that have survived to the present day of the movements of ancient pilgrims, fugitives, smugglers, and those who generally travelled on foot out of necessity. Unlike the High Paths, they can wind their way not only in the mountains but also along the landscapes and environments of Man: valleys, cities, countryside. Their route usually runs for long stretches through nature, but then crosses precious historical testimonies: ancient churches, small and secret villages, old manor houses and who knows what else.

Here, too, the experience is guaranteed by the continuity of the gesture, since from morning to evening we will have the sole objective of walking, taking care of ourselves, resting from late afternoon until dawn the next day. In this way, our body will gradually support us in our effort, and we will discover that we are able to cover distances that we would perhaps have judged impossible for us at first.



HIKING

MARKED TRAILS

There is nothing to it: marked trails are a gift, a very important inheritance that we receive from the past and that we have a duty to care for and maintain. This is sometimes taken for granted, but one only has to try to cross a scree without a trail to realise how much the trails save us the effort of progression in the most inaccessible places. On marked trails, one follows the signs, usually present at the crossroads, or the discrete traces of paint that peep out here and there, as if winking at us, on tree trunks or boulders.

In wilder places, the path may also be marked by a simple 'cairn', i.e. a pile of stones stacked on top of each other. But be careful! Just follow the signs, but don't add any more, as the care and maintenance of the trails is usually handled by associations or organisations in charge, and it is best to leave it to them, who follow a precise standard that guarantees clarity and safety, but without intrusiveness.



HIKING

OFF TRAIL

At the opposite end of the marked trail is the off-trail experience: this requires orientation skills, a spirit of observation and curiosity. It cannot be improvised and, like all outdoor activities, requires a step-by-step approach, in order to get involved - if desired - on increasingly adventurous and exclusive routes. The progression will take place by drawing from nature the useful elements for orientation, such as the course of the valley, the position of the sun or recognisable mountains, the type of terrain. When one decides to go off a trail, one experiences the thrill of being able to go, potentially, almost

anywhere, taking care, of course, to give prior notice of the route one intends to follow to at least one trustworthy person, since a minor setback or accident can happen to anyone. And finally, one last recommendation: there are protected areas where integral reserves are identified. Here, due to the extreme vulnerability of the habitats and biodiversity present in them, transit is prohibited, even on foot. It is a good idea to be familiar with these zones to avoid entering them even by accident.



#ACTIVITIES

[REGENERATION]

We know: for us outdoor enthusiasts, what regenerates us is simply being outdoors, being able to move around and contemplate nature. To regenerate is to leave worries at home, not to forget them for a *weekend* and find them again on Monday mornings, but to set them aside for good and reflect on the priorities of our lives, so as to reconstitute our injured or lost parts, thanks to the inspiration of nature. Improving ourselves, if possible.

In front of a clear dawn soaked in the dew of the night, or a blade of light that makes its way through a blanket of clouds and illuminates a wall from the side, the spirit is recharged, the sensations become sharper and we are reminded a little of our wild nature, sometimes hidden but ultimately always present in each of us.



REGENERATION

TRAVEL & LEISURE

Travelling, if approached with curiosity and open-mindedness, enriches more than reading any book or listening to any story, there's little we can do about it. In each one of us, the memories of even the most distant journeys are usually always very much alive, because there is nothing better than getting out of the normal routine, which for better or worse affects us all, and immersing oneself in other cultures among landscapes we have never seen and smells we have never smelt.

It goes without saying that during a trip it would always be good to need something, and not to always organise everything to perfection. Only in this way will we be able to intersect our experience with that of the locals, whether they are from a different region of Italy or from a remote village in the heart of Asia. Being in need of something brings us closer to others, forces us to get involved and study a new solution. What we already possess or accumulate for ourselves, on the other hand, somehow separates us from others.



REGENERATION

MEDITATION & YOGA

Yoga means uniting, joining the one with oneself and the one with the whole. The inherent loneliness of the individual can be lifted by connecting with self, others and surroundings. This is why yoga and meditation lend themselves to being performed in nature. Placidly, the breath circulates, the movements become fluid and precise, mind and body merge in control of our person; almost as in the physical act of walking, in meditation there is a path: one starts from a point, one proceeds, one glimpses and conquers intermediate goals,

one reaches a destination. There is no forcing of ego, there is no struggle against others or even against oneself. There is no violence of gestures but only a slow flow of consciousness, inexorable, like the frothy water that comes swirling down between the smooth white stones of the stream.

Natural places for meditation are everywhere: just look for them at the right times, perhaps early in the morning or at dusk, and they will captivate with their powerful beauty and profound inspiration.



#EQUIPMENT



#EQUIPMENT

「FOOTWEAR & EQUIPMENT」

After our friends and adventure companions, they are our best allies: footwear and equipment must be chosen with care, without exceeding in weight and volume but also without sacrificing too much in terms of walking comfort and protection from adverse weather conditions. For every activity there is the right material, it is up to us to know our weaknesses and strengths in order to select the right footwear and equipment for us.



EQUIPMENT

CHOOSING THE RIGHT FOOTWEAR

Choosing boots has always been one of the initiation rituals of the mountains. It is almost as if our outings already start there, in the shop, if we think about the care and expectations with which we first try on the various models, then assess their fit in detail and, finally, try to get the right size, always with a little anxiety, thinking about how they will behave on the first outing.

The fact is that after all, the boot, like the ice axe, is a symbol of the mountain itself, one of the few pieces that should never be missing from an adventure lover's wardrobe.



SPECIALISED IS BETTER

Sports footwear is a product with a significant technical content. Despite all the information provided by manufacturers through the web and different media, the store, particularly the specialized one, remains an important point of reference. It offers knowledgeable staff that can guide you through a wide range of possibilities to the right choice.



THE RIGHT CHOICE REQUIRES THE RIGHT TIME

To purchase a product with such high added value, like sports shoes, it is very important to devote the necessary time and attention, focusing on the details that will make a big difference. The real advantage is understanding the proper relationship between the price and the real value of product quality: to discover this correspondence you should not act on impulse.



CHOOSING MEANS COMPARING

Always compare shoes of different brands, making sure that they are models designed for the same type of use. It would be a mistake to compare trekking footwear with models expressly reserved for light sporting activity or city use. Choose according to the actual activity you want to practise.



THE RIGHT SIZE

Using specific socks for the outdoors, you get the feel of the right fit with the right size. Remember, however, that for a trekking or mountaineering shoe there has to be a bit of empty space between the toes and the tip of the boot.



FOUR STEPS ARE ALWAYS GOOD WHEN CHOOSING

Walking around with the well-fitted shoes helps you to understand the comfort, weight, and ground support stability of the product and will remove all doubts about the choice of size. If you have the chance, in the shop do a few steps uphill and downhill.

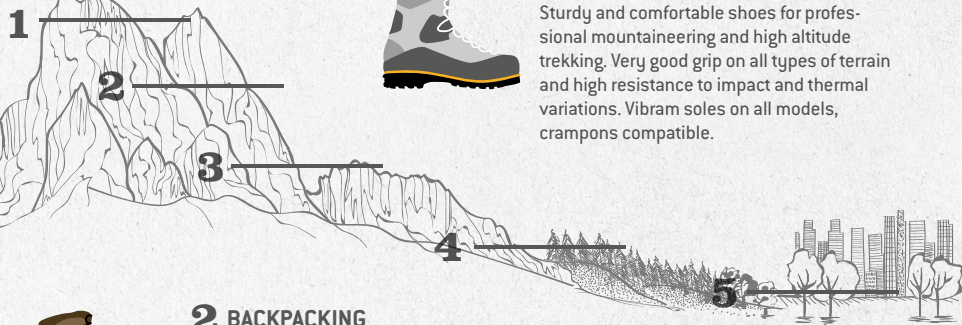


AN EYE FOR MATERIALS

Carefully consider the quality of the materials: the origin and treatment of the leathers, the construction of the membranes and insulators, the design and composition of the tread, are all decisive factors in ensuring the complete safety of the product in all conditions of use.

CONTEXT OF USE

Nature, healthy living, outdoor sports. Outdoor footwear covers your passion at 360°. The choice of the most suitable footwear is essential for tackling all kinds of activities while guaranteeing maximum wearing comfort and the right protection for the foot even after hours of use.



1 MOUNTANEERING

Sturdy and comfortable shoes for professional mountaineering and high altitude trekking. Very good grip on all types of terrain and high resistance to impact and thermal variations. Vibram soles on all models, crampons compatible.



2 BACKPACKING

Comfortable and strong shoes with a high degree of traction on any surface. Designed to support weights and also to stand considerable hikes of long and medium duration.



3 APPROACH / MULTITERRAIN

The approach models are a mixture of walking and climbing shoes, suitable to reach the cliffs and climbing easy rock routes. With a Multi-terrain shoe, instead, you walk comfortably on slightly uneven paths and go easily from a path to a city street; they are also appropriate for active leisure and urban trekking.



4 TREKKING

Light and safe shoes, perfect for trekking at medium altitudes. Extremely comfortable and practical, this product is suitable for use on rocky and mixed, wet or dry, terrain.



5 OUTDOOR TRAVEL

These shoes are inspired by the mountains, born as traveling companions for everyday life. Enhanced by technical elements of the highest quality that guarantee security and stability, for example in case of rain or slightly uneven paths.



CARE & MAINTENANCE

Good footwear also deserves good care! Regular maintenance prolongs the life of the shoe.



CARE

- After use, always **remove traces of dust, mud and dirt** with a soft brush when the shoe is dry. For stubborn dirt use a cloth dampened with cold water.
- **Never use solvents, aggressive chemicals or too hard brushes:** you could irreparably damage the leather and plastic parts.
- **Do not machine wash and do not use pressure washers,** very high temperatures and pressures could damage some components of the shoe.
- The boots must be **dried naturally in a dry and well ventilated place,** away from direct heat sources such as radiators, stoves or direct sunlight.
- Regularly apply a nourishing **reviving cream** specific for footwear to the leather uppers in order to **keep them always soft.**
- Periodically use a specific **protective spray to ensure the water repellency** of leathers and fabrics.

STORAGE

- Do not store your boots closed in plastic bags or airtight containers when not in use.
- Carefully place the boots in a cardboard box, in **places with good ventilation, free from temperature changes and away from heat sources,** in order to preserve the original shape and softness of the leathers and fabrics. Particularly humid places could alter the functional characteristics of leathers, soles and accessory components.
- It is advisable to **remove any internal parts (insoles)** in case of prolonged inactivity.
- When storing the shoes it is advisable to **fill them by inserting newspaper** inside them in order to preserve their original shape, and fasten them up to the upper hooks.



EQUIPMENT

HOW TO PREPARE THE BACKPACK

DECIDE HOW YOU WANT TO USE IT.

Backpack is another word for freedom. With a backpack you can go anywhere, for a day or for several weeks. A good reason why the backpack must be comfortable and suitable for the chosen activity (trekking, day trips, climbing, ski mountaineering, etc.). It's pointless talking about resistance to water and to tearing: nobody likes to find the contents of the backpack wet or to lose them on the way.

CHOOSE THE SIZE.

As a general rule, a backpack with capacity of less than 40 litres is suitable for day trips, a rucksack holding 40-60 litres is more appropriate for hikes or treks lasting a few days with overnight stays in a mountain refuge, while a larger rucksack can be used to carry assorted equipment for longer periods as in.

ASSEMBLE THE EQUIPMENT.

There is no one checklist of things that are right for everyone or for every trip. Just remember that you may have to cope with different kinds of weather or emergencies on a trip and having adequate equipment helps you tackle them more easily. That is why it is advisable to have a range of accessories with you that will be very useful at a time of need; to the side, you will find some tips on what to take with you on a day trip.

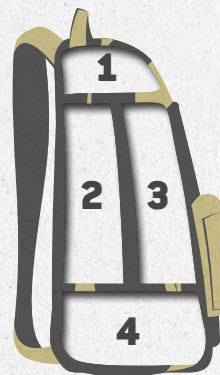
LESS WEIGHT, MEANS LESS EFFORT!

When preparing the backpack you should only select useful, indispensable items and leave anything superfluous at home. By reducing the material to take with you to the bare essentials and preparing the backpack properly, carrying the load is much easier.



MAKE SURE YOUR BACKPACK IS BALANCED PROPERLY.

To walk safely and with less effort, it is indispensable for the load to be balanced on both sides as well as front – back and that the backpack does not sway with the risk of the load shifting.



1 The more delicate, frequently used and "emergency" objects (map, compass, sunglasses, first-aid kit) should be put in the top pocket of the backpack.

2 The heaviest items should be put at the top closest to your spine with the weight distributed evenly and as centrally as possible.

3 Lighter items (equipment or clothing that could be needed quickly, food and water) should be put at the top furthest away from your spine. The weight must be spread symmetrically in relation to your spine.

4 Put the lightest items at the bottom of the backpack as well as items not needed regularly, such as spare clothes, waterproof cloak or jacket.



EQUIPMENT

DRESSING PROPERLY

Travellers to polar or cold climates know this well: woe betide sweating too much. It seems unbelievable, but even at -35°C you can sweat when engaged in physical exertion. And excessive sweating, if not eliminated by perspiration and trapped in clothes, cools our bodies in no time at all. This is the rule in the cold, therefore: paradoxically, do not overdress.

In hot weather, on the other hand, above a certain temperature, it is obviously impossible to avoid sweating, so it is necessary to choose clothing that allows the body to breathe, to keep the skin as dry as possible. Here, the principle of layering garments and the new materials of clothing and technical footwear, which dry quickly, will be our valuable allies.

The importance of dressing in layers.

In the mountains, temperatures can be very variable and you run the risk of wearing clothing that is sometimes too warm, at other times too light, also due to the physical exertion you are subjected to. When doing outdoor activities, therefore, layered clothing becomes the smartest way to manage thermoregulation.

This strategy allows you to fine-tune your body's comfort by adding or removing clothing according to your level of physical activity or according to changing weather conditions when the weather changes. In colloquial jargon, you can define this approach with the expression: 'dressing like an onion'. Just like the onion, in fact, one wears several layers that can be removed if necessary.



OUTER LAYER

IDEAL PROTECTION FROM RAIN AND WIND

The outer layer (protective layer or shell) protects you from wind, rain and snow. Shells range from the much more expensive mountaineering jackets to simpler, but still weatherproof jackets.

INTERMEDIATE LAYER

PERFORMS THE INSULATION FUNCTION

The insulation layer, also referred to as the middle layer, helps you retain the heat radiating from your body. The more efficiently this layer traps that heat, the more pleasantly warm you will feel.

INNER OR BASE LAYER

USEFUL IN MOISTURE MANAGEMENT

As the layer next to the skin, the function of the inner layer is essentially to wick sweat away from the skin, i.e. to 'absorb' excess sweat by releasing it quickly, to keep the skin dry.



EQUIPMENT

TENT: HOW TO GET THE BEST REST

If engaged in multi-day trips, the tent is the place where we spend roughly 1/3 of our time, busy sleeping or otherwise recharging our batteries after a day of adventure. The choice of tent must firstly be based on the number of people who will inhabit it - one, two, three, etc. - and secondly based on the type of trip: for example, a tent for high altitudes will obviously be different from one designed for a summer trekking in any Mediterranean destination.

Then there are the details to take into account, such as the waterproofing column of the main tarpaulin, which must provide guarantees when travelling in rainy climates, or the presence of windows and slits to ventilate the space, a necessary measure in arid climates.

Finally, there are the details, such as the presence of mosquito nets or several separate rooms. Lastly, a curiosity: you should know that there are even curtains that can be fitted in the rain and designed to remain dry inside.

How to choose a good place to camp?

Before a night under the stars, the first question to ask is whether or not there are campsites in the area. If they do exist, it is a good idea to use them as, by sleeping there, we will be helping the local economy, enjoying small services and conveniences such as a bathroom, washing facilities for our clothes or the possibility of recharging any electronic devices.

If, on the other hand, there are no campsites in the area we are passing through and camping is not expressly forbidden (it is a good rule to enquire first about local laws in this regard!), the choice should consider a few fundamental aspects. First of all, the place where to camp should be chosen carefully before sunset, when you still have hours of daylight to search for the best site. It is good not to make a choice in a hurry or, even worse, in the dark, which usually does not allow for an assessment of possible dangers, criticality or inconvenience of the site.

If it is a man-made area - even in a rural context, not just near towns or villages - it is a good idea to ask someone local for permission or at least for indications as to where you can camp freely and without causing a disturbance. In remote or completely natural areas one can, depending on the area crossed,

consider whether it is best to conceal one's tent as much as possible to avoid being spotted at night, or whether one can camp in plain sight, for example near a road.

Other aspects to consider are the presence of the wind: if it blows or is expected to blow during the night, it is a good idea to look for a place that is as sheltered as possible - for example by a dry stone wall or a hedge - because the continuous flapping of the tarpaulin during the night makes it difficult to rest. Of course, the location in case of rain should not be neglected, as it must be flood-proof and therefore in ground that is not sunken or too close to a river, which could swell during the night. Other small tricks that will come with experience will be to quickly assess the terrain, which must not be too stony, or damp, or with brambles, etc., the practice of always keeping the tent or at least the mosquito net closed when you leave to avoid the presence of insects inside, the choice of keeping food away from the tent - perhaps hanging it from a tree with a rope, inside a bag - in case of the presence of wild animals.

By applying these small tips we can thus increase the likelihood of a peaceful and restful night's sleep.



CANTEEN VS DISPOSABLE PLASTICS

At one time, there was not even wet waste, as the rare scraps of food were eaten by farm animals anyway. The first large-scale waste - our grandmothers and grandfathers told us - arrived in the late 1950s and, among the first, were the large tin jars from the shops that contained tuna, mackerel, malt for baking and the like. The shops sold such goods by the kilo, and the portions were wrapped in greaseproof paper. Sometimes these jars were salvaged to hold flowers or carry liquids. But at some point they rusted and became waste, the first waste we had to start dealing with.

From there on, the world changed.

Soon after came plastic, a very useful material that in many areas we could not easily replace, but which we now have a duty to eliminate in its disposable component, first and foremost plastic bottles, glasses, plates, food packaging, bags and much more.

In fact, the disruption caused by plastic and microplastics in ecosystems, dispersed as waste, is quite evident.



Therefore, the aluminium water bottle in the backpack, which may seem a bit retro and bring to mind breeches and hemp ropes, is actually the emblem of the future: it symbolises the willingness to reuse the same bottle for years, drawing from available water sources and eliminating the environmental impact of the plastic bottle throughout its production, transport and disposal chain.

Of course, water bottles can be refilled at fountains or huts, if there are no indications that the water is not drinkable. However, there are many other situations, at least in Europe or at any rate in natural areas or high altitudes, where water can be obtained directly from springs or mountain streams: an assessment must be made of the altitude, estimating whether there are settlements or mountain pastures upstream; turbidity conditions due to turbulent rainfall in the previous days and the possibility that there may be animal carcasses or other sources of pollution that could deteriorate the water must be weighed up.

In these cases, there will never be a total guarantee that the water is drinkable, but with a little experience, common sense and knowledge of the area, the risk can be minimised. It is also good to remember that there are drinking water tablets and filtering systems on the market; another useful habit, if equipped with a camping stove, is boiling.

And finally, let's remember that if, over time, our canteen gets a few inevitable dents, no harm done: it will be an excuse to tell others or remind ourselves of the many small and great adventures we have experienced together with it.

#BEHAVIOUR





#BEHAVIOUR

DISCRETE AND PREPARED

Outdoor activities are practised by an increasing number of enthusiasts. While this is good because it brings more people closer to nature, it should not be forgotten that ecosystems are often fragile or vulnerable. It is good to always bear in mind that respect for flora, fauna, water, soil and air is necessary every time we go hiking or ride a bike. And it will be all the easier to be good nature-lovers, the more knowledgeable we are about the environment we are going to and the places we are going to visit.

Knowledge is respect!

BEHAVIOUR

ALPINE HUT EXPERIENCE

Alpine refuges are a common good of fundamental importance for those who frequent the mountains.



Compliance with certain rules is a prerequisite for the operators to offer the best service and for us to enjoy an unforgettable experience up to high altitudes.

Alpine refuges are not hotels for mountain holidays. Although in some cases they offer many services similar to those of a small hotel, in most cases the mountain huts are simple, decent but essential structures.

Their fundamental function is to offer a hot meal and a good shelter for the night to hikers in transit.

In relation to their specific location, for many mountain shelters some important resources such as electricity and drinking water may be available to a limited extent and only at certain times of the day.

Telephone coverage in many cases may be poor or absent, as well the internet connection.

Therefore, it is often not possible to pay by debit or credit cards.

Access to the refuge is allowed in compliance with the rules of good conduct, following the instructions of the manager. In case of severe bad weather, in particular, the shelter fulfils its essential function of shelter and assistance point for the safety of people, with the sole aim of satisfying essential needs.



If you have planned an excursion with a stop or transit to the refuge, if the telephone service is available, it is a good idea to notify us of your arrival. In particular in the case of groups or if you intend to stay overnight, it is essential to book the service so as not to create inconvenience to the manager, who as a rule must be able to offer assistance to those who request it.



BEHAVIOUR

— IN BIVOUAC —

**Always open, in remote places, unattended:
it is up to us to take care of them.**

Whether they are old red metal boxes battered by lightning, or wooden huts on the edge of the forest, or modern hi-tech structures with innovative solutions and ecological materials, bivouacs have a few things in common: they are designed to accommodate mountaineers or hikers in case of need, they are open all year round, they are generally free of charge and they are unattended; it is up to us, if we stay, to take care of them and if possible leave them in better condition than we found them. There is usually water near them, while there are usually no bathrooms or kitchens, just some cots on which to sleep and a table on which to eat. Sometimes there is a stove.

Bivouacs are intended as an emergency solution in the event of worsening weather or other unforeseen events, or as an unavoidable stage in an otherwise difficult day's ascent, or as a foothold in the event of a multi-day traverse. They should never be used as a 'free chalet', but their use should be as discreet and limited as possible. If, for example, another group of people should arrive after us, we must huddle together and seek a solution that allows everyone to sleep and rest as well as possible. In a spirit of solidarity and collaboration. In short, there is no first-come, first-served rule.

The places where bivouacs are set up are extremely attractive, often in very remote and difficult to reach locations. There is, of course, an organisation or an association that manages the preservation of the site, but there are precautions to ensure that interventions are kept to a minimum: take your rubbish down to the valley, leave it clean and tidy, do not leave perishable food in the bivouac, do not damage the structures or smear the surfaces with any kind of writing. Make sure you have closed the door properly when you leave. Finally, if you notice any previous damage (presence of seepage, doors and windows that do not close properly, etc.) it is a good idea to identify the owner responsible for the bivouac once you are down in the valley and report the problem.





BEHAVIOUR

TRAIL FOOD

Lunches and dinners for multi-day hiking.

The topic of food in multi-day treks is like a blanket that is too short: eating well requires long preparation times and a lot of space in the backpack, while the usual sandwich, fast and not bulky, after a while 'tired, does not keep. long and ends up crumbling among all the compressed equipment in the backpack. The bags of freeze-dried ready meals are a solution, but those who have tasted them know that the taste is more similar to that of a concentrate of preservatives and maltodextrins than to that of a recognizable

food, not to mention the waste of single-portion plastic bags in which are preserved. So why not try to self-produce them? My solution for eating healthily and with a low impact on multi-day treks was to resort to drying, one of the oldest methods of preserving food which, with the right tools, is also useful today in outdoor activities. Overseas, where the culture of long-distance walking independently is much more widespread, they call it trail-food and there is no thru hiker who hasn't heard of it.

WHAT IS NEEDED.

It can be dried using the oven at low temperatures, or a dedicated dryer or even by building a frame by yourself to be placed in a dry and well-ventilated place.

HOW TO DO.

Getting a meal ready to be prepared in a few minutes with equipment and times reduced to a minimum is very simple: the next time you prepare a pasta and beans, a vegetable couscous or a cold pasta, add a few more portions. What is left over can be dried as it is and stored in airtight jars until the next excursion. Upon departure, it will be sufficient to transfer it to freezer bags (having the foresight to choose plastic resistant to high temperatures: it lasts longer and can be used several times). To consume them you will only need a gas stove and a travel container in which to boil water: you can pour it directly into the bag, wait a few tens of minutes for the mixture to rehydrate and you will have an instant, complete and tasty hot dinner from enjoy watching the sunset at the door of your tent.

THE ADVANTAGES.

Taste and nutrients: if you are a good cook and are able to prepare it using quality raw materials, perhaps from your own garden, there is no comparison with the precooked food of industrial busters.

Very low weight: by eliminating the aqueous component with drying, the original weight of the food is reduced by almost three times, while the nutritional properties remain intact.

Zero waste: the bags can be reused, which means less garbage in the backpack and less plastic in the environment.





BEHAVIOUR

ITINERARY CHOICE

When choosing a route, many variables have to be taken into account that affect us, our companions and the surrounding environment.

The variables that depend on us are our desires, our technical capabilities, physical conditions and psychological and mental capacities, and the equipment available. The environment influences the conditions of the chosen route with regard to terrain, altitude difference, dangers, technical difficulties, etc.

The time of year, altitude and expected weather affect the number of hours of daylight available, sunshine, the likelihood of finding icy sections or snow, and much more.

In the case of snow-covered terrain or when crossing glaciers, it should be borne in mind that specific skills are required for these routes, which require a certain amount of training, as the unknowns are greater than for a normal summer outing on a trail.

In general, the rule of thumb is to map out one's training in stages, so that one knows one's limits and potential from time to time, without any surprises or inconveniences.



BEHAVIOUR

WEATHER

For weather forecasts, it is usually best to rely on institutional forecasts, without resorting to reading the first results returned by an internet search engine. At a national level there are, for example, the forecasts of the Meteorological Service of the Air Force, those of the Meteomont Carabinieri and the local ones drawn up by the offices of the Regional Agencies for Environmental Protection.

Institutional forecasts are a guarantee of a reliable source and of work carried out with competence and professionalism.

It is important to read the bulletins not only in their graphical part, but also in their textual part, making sure you understand their contents and checking any legends, glossaries, reading guides, etc. Make sure you are consulting the latest available bulletin, either via the app or from the institutional website.

During periods with snow on the ground - not only in winter, therefore - it is a good idea to also consult the avalanche danger forecast bulletin.



BEHAVIOUR

ASKING FOR HELP

Asking for help is a delicate choice. It is certainly not necessary to alert the organised rescue services for trivial matters such as a temporary loss with a reasonable chance of finding the path again soon, or for a passing tiredness that can be overcome by stopping and feeding, but neither, in the case of more dangerous situations, should one wait too long, if the situation then threatens to worsen or, worse, to precipitate.

There are many cases in which it is necessary to call for help during a mountain hike or in any case in a non-human environment: accidents of various kinds may occur due to

falls or traumas, illness, getting lost when it gets dark, hypothermia, weather conditions that suddenly become critical, or the viability of the route that suddenly fails.

Help should be sought for oneself, for one's hiking companions or even for any strangers in the vicinity who may unequivocally need help.

Help should be requested by telephone or, failing that, by means of acoustic or light signals, so as to draw the attention of other people who may be in the area, such as other hikers or the staff of a hut that may be nearby.

Organised rescue workers must be given precise information to make the intervention targeted and fast. This involves allowing themselves to be interviewed on the phone in order to provide the necessary information in a short time, such as the location, the number involved, the conditions on site, etc.

If you are in Italy, the single number for medical emergencies, active throughout the country, is



EMERGENCY SIGNALS
INTERNATIONAL HELICOPTER RESCUE

DO YOU NEED HELP?



YES



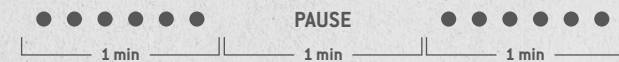
NO

ALPINE EMERGENCY SIGNAL

If it is absolutely not possible to make an emergency call by telephone, the alpine emergency signal serves to signal a difficult situation in the mountains. The alarm is given by means of light signals, shouts or gestures and applies throughout the entire Alpine region.

DISTRESS SIGNALS:

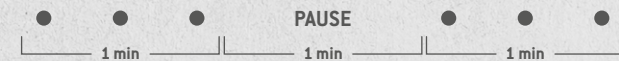
6 signals 10 seconds apart / 1 minute pause / 6 signals 10 seconds apart / etc.



The signal can be visual (headlamp, mirror, nodding with jacket or similar) or acoustic (whistles, shouting). The sequence is repeated until a response is obtained.

RESPONSE:

3 signals in one minute / 1 minute break / 3 signals in one minute



The alpine emergency signal should continue to be emitted even after a response has been received in order to allow the rescuers to find the location of the accident.



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