

# Equipment Hiking

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## Backpack (eng)-*Motxilla de muntanya (cat)*



- A backpack (also called rucksack, knapsack, packsack, pack) is, in its simplest form, a cloth sack carried on one's back and secured with two straps that go over the shoulders, but there can be exceptions. Lightweight types of backpacks are sometimes worn on only one shoulder strap.

[Torna](#)

## Binoculars (eng) - *Prismàtics (cat)*



- Binoculars, field glasses or binocular telescopes are a pair of identical or mirror-symmetrical telescopes mounted side-by-side and aligned to point accurately in the same direction, allowing the viewer to use both eyes (binocular vision) when viewing distant objects.

[Torna](#)

## Canteen(eng) – *Cantimplora(cat)*

- The canteen can allow bring water that drink during the crossing There are aluminium are resistant and plastic can bring more types of liquids.



[Torna](#)

## Cap(Bonnet)(eng) – *Gorra(cat)*

- Very important to protect your heads for the sun. The cap of protect us for the winter.



[Torna](#)

## Coat(eng) – *Jaqueta nórdica(cat)*

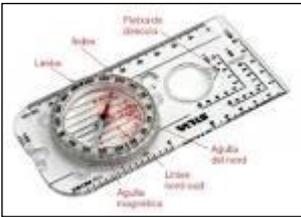


- We have many different materials and choosing them will do almost more for aesthetics than for the performance difference in our mountains. It is clear that between difference shirts sweaters is that only we will take a good one.

[Torna](#)

## Compass(eng – *Bruixola(cat)*)

- The compass is an instrument which guides and which is based on the property of the magnetized needle. By means of a magnetic needle pointing magnetic north, which is different for each area of the planet, and distinct from the geographic North



[Torna](#)

## First aid kit (eng) –*Kit de primers auxilis (cat)*



- Kit is called an element intended to contain drugs and utensils essential for providing first aid or to treat common ailments. The availability of a kit is usually prescriptive in work areas to the aid of injured.

[Torna](#)

## Flashlight(eng)-*Linterna(cat)*

- To enlighten you if you get lost at night.
- There are two types: The flashlight head for caves and flashlight hand for enlighten the way .



[Torna](#)

## Fleece(eng) – Folre polar(cat)



- We can repeat almost everything we said the same thing about shirts but for sweaters. We have many different materials and choosing them will do almost more for aesthetics than for the performance difference in our mountains.

[Torna](#)

## Hiking Boots(eng)-Botas de muntanya (cat)



- To practice hiking there are specific boots, and you can choose the more comfortable for you. They are one of the most important items of hiking gear, since their quality and durability can determine a hiker's ability to move far, fast, and safely. Hiking boots are constructed to provide comfort for walking considerable distance over rough terrain, and protect the hiker's feet against water, mud, rocks, etc.

[Torna](#)

## Lip balm (eng) - Balsam de llavis (cat)



Lip balm or lip salve is a wax-like substance applied topically to the lips of the mouth to moisturize and relieve chapped or dry lips, angular cheilitis, stomatitis, or cold sores. It is essential to avoid sunburn on the lips, when you go down the mountain.

[Torna](#)

## Map(eng) – *Mapa(cat)*



- Serves to orient themselves when going for some mountain trail or not you'd know where Your Position. Serves good to find a place in particular, whether in coordinates by location within Globe, and also to help others to be able to get to their places of origins.

[Torna](#)

## Phone(eng) - *Mòbil(cat)*

- We can to use the phone for the orientation (GPS or google maps).
- The phone with camera is so good for take photos and remember your travel.
- You can use it if you get lost in the mountains.



[Torna](#)

## Raincoat(eng) – *Impermeable(cat)*



- The cure waterproof rain during winter trips. We think they are an element that hinders transpiration

[Torna](#)

## Socks(eng) - *Mitjons(cat)*

- The sock need to be a material for the transpiration of the foots without sewing and with a determinate thickness.
- You can choose the material adequate by the situation.
- Is too important like the mountain boots.



[Torna](#)

## Sticks(eng) – *Pals de muntanya(cat)*



- The sticks can help in the raise and to have better stability in the descent. Now are aluminium this way are very resistant but too have the carbon fiber.

[Torna](#)

## Sunglasses(eng) – *Ulleres de sol(cat)*



- Used to not give you the sun on your face. Sunglasses glasses are often colored or obscured to protect eyes from direct light and annoying.

[Torna](#)

## Sunscreen(eng) - *Crema Solar(cat)*

- We can use the sunscreen for don't burn our skin.
- To prevent skin cancer.



[Torna](#)

## Trousers (eng) – *pantalons de muntanya (cat)*



- Trousers are an item of clothing worn from the waist to the ankles, covering both legs separately (rather than with cloth extending across both legs as in robes, skirts, and dresses).

[Torna](#)

## T-shirt(eng) - *Camiseta(cat)*

- There are a lot of t-shirts: Polyester, cotton, lycra or Gore-tex.
- The t-shirts need to be comfortable, breathable and lightweight.
- You can use the T-shirt for maintain the body hot.



[Torna](#)