

# PACKING LIST FREERIDING

Equipment:
<input type="checkbox"/> Avalanche Transceiver
<input type="checkbox"/> Avalanche shovel and probe
<input type="checkbox"/> Freeride ski with approx. 100mm below the binding, for Freeride Level 2 & 3 we recommend Freeride skis which has bindings with a touring mode
<input type="checkbox"/> Snowboard directional (rocker) / soft flex, for Freeride Level 2 & 3 we recommend the splitboard equipment
<input type="checkbox"/> Back protector
<input type="checkbox"/> Ski boots / Snowboard boots
<input type="checkbox"/> Telescopic poles with large baskets
<input type="checkbox"/> Touring backpack with approx. 20 litres volume
<input type="checkbox"/> Waterproof bag (mobile phone, photos ...)
<input type="checkbox"/> Freeride helmet

Clothing:
<input type="checkbox"/> Functional underwear
<input type="checkbox"/> Functional long underpants
<input type="checkbox"/> Functional shirt long and short sleeves
<input type="checkbox"/> Functional socks (warm, fast drying and breathable)
<input type="checkbox"/> Small, light and packable insulation jacket preferably hooded with primaloft or down lining.
<input type="checkbox"/> Softshell windproof Freeride pants
<input type="checkbox"/> Windproof softshell jacket
<input type="checkbox"/> Waterproof gore tex jacket
<input type="checkbox"/> Warm gloves
<input type="checkbox"/> Additional thin gloves (Fleece or windproof)
<input type="checkbox"/> Warm hat
<input type="checkbox"/> Headband, scarf or Buff
<input type="checkbox"/> Sunglasses with protection against side light rays and wind, 100% UVA, UVB and absorption
<input type="checkbox"/> Googles

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<b>Various:</b>
<input type="checkbox"/> Small tube of sun cream incl. lip protection (high-quality UVA and UVB filter with at least SPF 30)
<input type="checkbox"/> First Aid Kit, blister plaster, tape, personal medications
<input type="checkbox"/> Enough cash (overnight stay in a hut, food and drinks) and cash point card
<input type="checkbox"/> Identity card, alpine club card (if available)
<input type="checkbox"/> Mobile phone, camera

<b>Food:</b>
<input type="checkbox"/> Light thermos flask for at least 1 litre of fluid
<input type="checkbox"/> Cereal bars, nuts, chocolate and dried fruit
<input type="checkbox"/> Small plastic bag for rubbish

<b>Additional equipment for glaciated areas:</b>
<input type="checkbox"/> Mountaineering harness
<input type="checkbox"/> 2 HMS carabiners, 2 normal carabiners
<input type="checkbox"/> 1 ice screw
<input type="checkbox"/> 2 Prusik ropes, 2 stitched band loops (60cm & 120cm)
<input type="checkbox"/> 1 carabiner with triple lock (Ball Lock)
<input type="checkbox"/> Crampons

<b>Your preparation is important to us...</b>
<b>Clothing:</b> Choose functional clothing that transports moisture well. Apply the multilayer principle and you will be able to react optimally to temperature fluctuations.
<b>Packing your backpack:</b> Don't pack too much. You will be surprised how little you really need. Keep in mind that you will be carrying it all by yourself. We recommend a backpack with a packing volume of 30 litres.

Price list for rental equipment:	Per day	From 5 days
<input type="checkbox"/> Light mountaineering harness	€ 5,00	€ 20,00
<input type="checkbox"/> Grivel ice axe	€ 5,00	€ 20,00
<input type="checkbox"/> Grivel crampons	€ 5,00	€ 20,00
<input type="checkbox"/> Ortovox ABS backpack Ascent 30 Avabag	€ 20,00	€ 80,00
<input type="checkbox"/> Tubbs snowshoes	€ 10,00	€ 40,00
<input type="checkbox"/> Komperdell telescopic poles	€ 5,00	€ 20,00
<input type="checkbox"/> Avalanche search equipment (Ortovox 3+ avalanche transceiver, shovel and probe)	€ 15,00	€ 60,00
<input type="checkbox"/> High altitude set (light mountaineering harness, Grivel ice axe & crampons, ice screw, carabiner, band loops & prusik ropes)	€ 15,00	€ 60,00

**Information:**

Prices are valid upon the booking of a guided touring program. When reserved at least two weeks ahead of the tour begin, the mountain guide will bring the equipment.