

PACKING LIST HIGH ALTITUDE TOURS:

Equipment:

- Climbing boots suitable for the use of crampons, with a good profiled rubber sole and sole edge for crampons.
- Telescopic poles
- Backpack for high altitude tours with 30-40 litres packing volume
- Waterproof bag for mobile phone, camera etc...

Your preparation is important to us...

Clothing:

Choose functional clothing that transports moisture well. Apply the multilayer principle and you will be able to react optimally to temperature fluctuations.

Packing your backpack:

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.

Clothing:

- Functional underwear
- Functional long underpants
- Functional shirt long and short sleeves
- Functional socks (warm, fast drying and breathable)
- Small, light and packable insulation jacket preferably hooded with primaloft or down lining
- Softshell windproof ski touring pants
- Windproof softshell jacket
- Waterproof gore tex jacket, trousers and over trousers
- Warm hat
- Warm gloves
- Additional thin gloves (Fleece or windproof)
- Perhaps gaiters
- Headband or scarf
- Sunglasses with protection against side light rays and wind, 100% UVA, UVB and absorption
- Goggles

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Various:
<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 (cable cars)
<input type="checkbox"/> Identity card, alpine club card (if available)
<input type="checkbox"/> Mobile phone, camera
<input type="checkbox"/> Pocket knife/multifunctional tool

Food:
<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

Overnight stay in a hut:
<input type="checkbox"/> Personal medication
<input type="checkbox"/> Ohropax/Earplugs
<input type="checkbox"/> Small micro fibre towel
<input type="checkbox"/> Toothbrush and toothpaste
<input type="checkbox"/> Sleeping bag for huts (light silk sleeping bag, for hygienic purposes)
<input type="checkbox"/> Change of clothes (each one pair of socks, long underpants and underwear)
<input type="checkbox"/> Headlamp (including spare batteries)

Additional equipment for glaciated areas:
<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