

# 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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## Various:

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

## Food:

- Light thermos flask for at least 1 litre of fluid
- Cereal bars, nuts, chocolate and dried fruit
- Small plastic bag for rubbish

## Additional equipment for glaciated areas:

- Mountaineering harness
- 2 HMS carabiners, 2 normal carabiners
- 1 ice screw
- 2 Prusik ropes, 2 stitched band loops (60cm & 120cm)
- 1 carabiner with triple lock (Ball Lock)
- Crampons

## 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.