# Packing list

## Ski touring

MOUNTAINSPORTS
ALPINSCHULE | OUTDOOR

EQUIPMENT:
O *Avalanche Transceiver
O *Avalanche shovel and probe
O Touring skis with fitting climbing skins
O Ski touring boots
O Ski crampons
O Telescopic poles with large baskets
O Backpack for high altitude tours with 30-40 liter packing volume
O Light ski touring helmet ( optional )

CLOTHING:
O Functional underwear
O Funktional long underpants
O Funktional shirt long and short sleeves
O Funktional socks
O Small light and packable insulation jacket preferably hooded with primaloft or down lining
O Softshell windproof Freeride pants
O Windproof softshell jacket
O Waterproof gore tex jacket
O Warm gloves, additional thin gloves
O Warm hat
O Headband, scarf or buff
O Sunglasses with protection against side light rays and wind, UVA & UVB absorption
O Googles

ADDITIONAL EQUIPMENT FOR GLACIATED AREAS:
O *Mountaineering harness
O *2 HMS carabiners, 2 normale carabiners
O *1 Ice screw
O *2 Prusik ropes, 2 stitched band loops (60 & 120 cm)
O *1 carabiner with triple lock (Ball Lock)
O *Crampons

VARIOUS:
O Small tube of sun cream incl. lip protection (high-quality UVA & UVB filter with at least LSF 30)
O First Aid Kit, blister plaster, tape, personal medications
O Enough cash and cash point card
O Identity card, alpine club card (if available)
O Mobiltelefon

FOOD:
O Light thermos flask for at least 1 liter of fluid
O Cereal bar, nuts, chocolate and dried fruit

OVERNIGHT STAY IN A HUT:
O Personal medication
O Small micro fibre towel
O Touthbrush and toothpaste
O Sleeping bag for huts (light silk sleeping bag, for hygienic purposes)
O Headlamp (including spare batteries)

## Your preperation is important to us ...

CLOTHING:
Choose functional clothing that transports moisture well. Apply the multilayer principle and you will be able to react 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 carring it all by yourself. We recommend a backpack with a packing volume of 30 liters.

## Rental equimpent:

* The avalanche emergency equipment consists of: avalanche transceiver, avalanche shovel, avalanche probe and in the case of glaciated terrain, we also provide the high-altitude tour equipment.