

Packing list

Ski touring trips

MOUNTAINSPORTS
ALPINSCHULE | OUTDOOR

EQUIPMENT:

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

CLOTHING:

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

TRAVEL DOCUMENT/ ARRIVAL:

- Sufficient cash & credit card
- Valid passport
- visa if necessary
- Insurance document for accident, salvage, abroad
- Set of clothes / change of linen for arrival and departure
- Telephone

ADDITIONAL EQUIPMENT FOR GLACIATED AREAS:

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

VARIOUS:

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

FOOD:

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

OVERNIGHT STAY IN A HUT:

- Personal medication
- Small micro fibre towel
- Toothbrush and toothpaste
- Sleeping bag for huts (light silk sleeping bag, for hygienic purposes)
- Headlamp (including spare batteries)

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 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 liters.

Rental equipment:

* 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.