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| General equipment: |
| * Backpack or Duffle Bag (Flight luggage and for the hut transportation)
 |
| * Day backpack with max. 30 litres packing volume
 |
| * Small bag for material deposit, remains in the hotel
 |
| * Climbing boots suited for the use of crampons with a good profiled sole and a sole edge for crampons
 |
| * Telescopic pools with large baskets
 |
| * Backpack for high altitude tours with 30 - 40 litres packing volume
 |
| * Waterproof bag for mobile phone, camera etc…
 |

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| Clothing: (+30°C bis -15°C) |
| * 2-3 x functional underwear
 |
| * Functional long underpants
 |
| * 2 functional shirt long and short sleeves
 |
| * 3 pairs of 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 trousers and over trousers
 |
| * Waterproof gore tex jacket
 |
| * Warm gloves and hat
 |
| * Additional thin gloves (fleece or windproof)
 |
| * Headband or scarf
 |
| * Sunglasses with protection against side light rays and wind, 100% UVA, UVB and absorption
 |
| * Gaiters
 |
| * Goggles
 |

 **Climate and equipment...**

You must be prepared for a wide range of weather conditions. From very warm (plus 30° degrees) during the hut ascent to strong winds and below minus 25° degrees at the summit. The personal equipment and clothing listed here is necessary for participation.

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

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| Alpine equipment: |
| * 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 and ice axe
 |

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

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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 (cable cars)
 |
| * Identity card, alpine club card (if available)
 |
| * Mobile phone, camera
 |
| * Pocket knife/multifunctional tool
 |

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| Ski Euipment: |
| * Avalanche transceiver
 |
| * Avalanche shovel and probe
 |
| * Touring skis with fitting climbing skins
 |
| * Ski touring boots
 |
| * Ski crampons
 |
| * Telescopic poles with large baskets
 |
| * Backpacks for high altitude tours with 30 - 40 litres packing volume
 |
| * Waterproof bag for mobile phone, camera etc…
 |
| * Light ski touring helmet (optional)
 |

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| Travel documents / Arrival: |
| * Enough cash and a credit card
 |
| * Passport plus a copy
 |
| * Visa for Russia
 |
| * Insurance document for foreign countries, accidents, rescue and recovery
 |
| * Comfortable shoes
 |
| * Sandals, swimming gear
 |
| * Set of clothing / change of clothing for arrival and departure
 |
| * Mobile phone and camera
 |

Information:

Preise gültig ab Buchung eines geführten Tourenprogrammes. Auf Reservierung (mindestens 2 Wochen vor Tourbeginn) bringt unser Bergführer die Leihausrüstung mit.

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