|  |
| --- |
| 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… |

|  |
| --- |
| 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.

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

|  |
| --- |
| 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 |

|  |
| --- |
| 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) |

|  |
| --- |
| 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 |

|  |
| --- |
| 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) |

|  |
| --- |
| 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.

Information:

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