

# PACKING LIST SNOWSHOEING

Equipment:
<input type="checkbox"/> Avalanche transceiver
<input type="checkbox"/> Avalanche shovel and probe
<input type="checkbox"/> Snowshoes
<input type="checkbox"/> Mountain boots category B
<input type="checkbox"/> Telescopic poles with large baskets
<input type="checkbox"/> Back pack with approx. 30 litres packing volume
<input type="checkbox"/> Waterproof bag for mobile phone, camera etc...

## 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.

Bekleidung:
<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 touring pants
<input type="checkbox"/> Windproof softshell jacket
<input type="checkbox"/> Waterproof gore tex trousers and over trousers
<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
Sunglasses with protection against side light rays and wind, 100% UVA, UVB and absorption
<input type="checkbox"/> Googles

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<b>Various:</b>
<input type="checkbox"/> Small tube of sun cream incl. lip protection (high-quality UVA and UVB filter with at least SPF 30)
<input type="checkbox"/> First Aid Kit, blister plaster, tape, personal medications
<input type="checkbox"/> Enough cash (overnight stay in a hut, food and drinks) and cash point card (cable cars)
<input type="checkbox"/> Identity card, alpine club card (if available)
<input type="checkbox"/> Mobile phone, camera
<input type="checkbox"/> Pocket knife/multifunctional tool

<b>Food:</b>
<input type="checkbox"/> Light thermos flask for at least 1 litre of fluid
<input type="checkbox"/> Cereal bars, nuts, chocolate and dried fruit
<input type="checkbox"/> Small plastic bag for rubbish

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