

PACKING LIST SKI TOURS/HIGH ALTITUDE SKI TOURS

Equipment:
<input type="checkbox"/> Avalanche transceiver
<input type="checkbox"/> Avalanche shovel and probe
<input type="checkbox"/> Touring skis with fitting climbing skins
<input type="checkbox"/> Ski touring boots
<input type="checkbox"/> Ski crampons
<input type="checkbox"/> Telescopic poles with large baskets
<input type="checkbox"/> Backpacks for high altitude tours with 30 - 40 litres packing volume
<input type="checkbox"/> Waterproof bag for mobile phone, camera etc...
<input type="checkbox"/> Light ski touring helmet (optional)

<p>Your preparation is important to us...</p> <p>Clothing: Choose functional clothing that transports moisture well. Apply the multilayer principle and you will be able to react optimally to temperature fluctuations.</p> <p>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.</p>

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

PACKING LIST SKI TOURS/HIGH ALTITUDE SKI TOURS

Various:
<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 credit 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

Food:
<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

Overnight stay in a hut:
<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)

Additional equipment for glaciated areas:
<input type="checkbox"/> Mountaineering harness
<input type="checkbox"/> 2 HMS carabiners, 2 normal carabiners
<input type="checkbox"/> 1 ice screw
<input type="checkbox"/> 2 Prusik ropes, 2 stitched band loops (60cm & 120cm)
<input type="checkbox"/> 1 carabiner with triple lock (Ball Lock)
<input type="checkbox"/> Crampons