# MOUNITAIN SPORTS

# High-altitude mountaineering equipment

# You get that from us

- "Crampon-compatible mountain boots with a durable tread and a welt for crampons, Category B - D - Detailed information can be found in the magazine."
- o Telescopic poles
- o Touring backpack appr. 30-40L

## You bring that with you

- o Functional underwear
- o Short/long-sleeved functional T-shirt
- o Performance socks
- Compact and lightweight insulation jacket, preferably with a hood, with Primaloft or down filling
- Touring pants made of softshell/Windstopper
- Windproof jacket with Gore-Tex
- Warm gloves, additionally thin gloves
- o Warm hat, headband, buff
- o Sunglasses, ski goggles

#### Hut accommodation

- Personal medications
- o Small microfiber towel
- o Toothbrush & toothpaste
- Hut sleeping bag
- o Change of clothes, headlamp

# High-altitude climbing harness

- \* 2 HMS carabiners, 2 standard carabiners
- \* 1 ice screw
- \* 1 carabiner with triple locking mechanism
- o \* Crampons
- \* Lightweight ice axe

#### Food

- o Lightweight thermos bottle for 1L
- o Bars, nuts, chocolate

#### Your preparation is important to us

Choose functional clothing that efficiently transports moisture to the outside. Apply the layering principle so you can react optimally to temperature fluctuations. Don't pack too much; you'll be amazed at how little you really need. We recommend backpacks with a volume of approximately 30 liters.

## **Rental Equipment**

\* We provide the high-altitude climbing equipment.