

equipment list

Technical equipment

- Backpack (approx. 40 liter) with ski-carrying-system
- Modern Touring Skis with touring bindings and ski stopper
- Ski poles (adjustable)
- Ski touring boots (grip sole)
- Skins fitting to the ski
- Harscheisen (ski crampons) fitting to the binding
- Ski goggles
- Helmet
- Climbing harness
- 1 Static cord, 5 m length/5-6 mm diameter
- 1 Static cord, 3 m length/5-6 mm diameter
- 1 Static cord, 1 m length/5-6 mm diameter
- 1 Tape Sling diameter 60cm
- 1 Tape Sling diameter 120cm
- 3 HMS karabiner (screwgate)
- 1 Safelock biner (3way Twistlock or Petzl Ball Lock)
- 2 Regular karabiners, with wiregates
- 2 Alpine Quickdraws extendable (60cm)
- 1 Belay device, eg. PETZL Reverso3, ATC Guide
- 1 rope brake, eg. Tibloc, Ropeman
- 1 Ice Axe, approx. 60cm
- 2 Ice screws, approx. 19 cm
- Clip on crampons with antibott
- Singlerope (50m), one rope for 2 persons in the course

Emergency Equipment

- Avalanche Shovel - metal
- Avalanche Probe - at least 240 cm
- Avalanche transceiver - modern transceiver with 3 antennas (Pieps DSP, Mammut Pulse, Tracker, DTS, etc.)
- Bivy sack
- First aid kit - should include a survival blanket
- Pen knife
- Head torch with new batteries

Navigation

- Map from the area (best Alpenvereinsmap 1:25 000)
- Guide book or printed tour description
- Altimeter (watch), with compass function
- Smartphone with installed alpenvereinaktiv APP

Clothes

- Underwear and spare underwear (Synthetic, wool)
- Socks
- Pullover/Jacket (fleece, Softshell, wool)
- Ski Trousers (Softshell, Gore Tex;..)
- Hardshell (waterproof Jacket and Trousers)
- Down Jacket
- Hat/Bandana
- Thin gloves for ascent
- Thick and warm gloves (ski gloves) for descent

Accommodation

- Toiletry (Including towel and soap when hut accommodation)
- Sheet sleeping bag (only when hut accommodation)
- Hut shoes (only when hut accommodation)
- Earplugs
- ÖAV membership card
- Cash (Euro)

Sun Protection

- Sunglasses with dark glass
- Sun hat, Buff or shield cap
- Suncream (in. factor 35 and Lip cream)

Provisions

- Drinking bottle (approx. 1,5 liter, thermos)
- Snack food

Extras

- Camera
- Binoculars
- Writing materials (pencil, sheets)