

# Equipment list

## Technical equipment

- Backpack (approx. 30 liters)
- Solide hiking poles (adjustable)
- Hiking-/Trekking boots (with Vibram sole)
- Snowspikes (available AV Shop)

## Emergency equipment

- First aid kit - should include a survival blanket
- solid bivy sack for 2 persons
- Corde 5mm with 5 m length
- Pen knife / multifunction tool
- Head torch with new batteries

## Navigation

- Map from the area (best Alpenvereinsmap 1:25 000)
- Coordinate scale (= "Planzeiger", available at alpenverein online shop)
- Guide book or alpenvereinaktiv tour description
- Printouts of local hiking routes
- Altimeter (watch), with compass function
- GPS (if you have)
- Smartphone with installed alpenvereinaktiv APP

## Clothing

- Underwear and spare underwear (Synthetic, wool)
- Hiking socks/Spares
- Thin jersey/jacket/skirt (fleece, wool...)
- Hiking trousers
- Rainjacket and rainpants
- Hat
- Thin gloves

## 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 (dark lenses)
- Hat/Buff/Cap
- Sunscreen (factor 30 or more)
- Lip balm

## Provisions

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

## Extras

- Camera
- Binoculars
- Writing materials
- Umbrella