

equipment list

Technical equipment

- Backpack (~30 liter) with ski-carrying-system (we recommend airbag system)
- Touring Skis with touring bindings and ski stopper, adjusted to boots and body weight
- Ski poles (adjustable)
- Ski touring boots with grip sole
- Skins fitted to the ski
- Ski crampons fitted to the binding
- Ski helmet
- Ski wax

Emergency Equipment

- Avalanche transceiver - modern transceiver with 3 antennas (with new batteries)
- Avalanche Shovel - metal
- Avalanche Probe - at least 240 cm
- First aid kit - should include a survival blanket
- Solid bivy sack for 2 persons
- 5mm cord, 5 m long
- Pen knife / multifunction tool
- Head torch with new batteries

Navigation

- Map from the area (best Alpenvereinsmap 1:25 000)
- Guide book or printed touring descriptions
- 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 on hut accommodation)
- Hut shoes (only when hut accommodation)
- Earplugs
- ÖAV membership card
- Cash (Euro)

Sun Protection

- Ski goggles fitted to helmet
- 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
- Writing materials

Extras

- Camera
- Binoculars