

equipment list

Technical equipment

- Backpack (~15 liter) with airbag system
- Touring skis with touring bindings and ski stopper adjusted to boots and body weight
- Ski poles (adjustable)
- Ski touring boots (grip sole)
- Skins fitted to the skis
- Ski crampons fitted to the binding
- Ski Helmet and Ski goggles fitting on it

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
- 5mm cord, 5 m long
- Pen knife
- Head torch with new batteries

Navigation

- Map from the area (Alpenvereinskarte)
- Guide book or alpenvereinaktiv tourdescription
- Altimeter
- Inclinator
- Smartphone with installed alpenvereinaktiv APP and snowsafe 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

- Ski goggles fitting 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

**rental equipment must be pre-booked at the Alpenverein-Akademie office