

equipment list

Technical equipment

- Backpack (approx. 30 liter)
- Modern Snowshoes (with heel lifters)
- Ski poles (adjustable)
- Mountaineering boots (class B2)

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 alpenvereinaktiv 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)

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

snowshoe