

# equipment list

## Technical equipment

- Backpack (approx. 40 liter)
- Mountaineering boots (clip crampons compatible)
- Helmet
- Climbing harness
- 3 Static cords (1m, 3m, 5 m length/5-6 mm diameter)
- 2 Tape Slings (diameters 60cm and 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 Classic Ice Axe, approx. 60cm
- 1 Ice Tool (for steep sections)
- 2 Ice screws, approx. 19 cm
- Small stopper set (middle sizes)
- 2-4 friends or camalots (middle sizes)
- Clip on steel crampons with antibott (adjusted to boots)
- Singlerope (50m), one rope for 2 persons in the course

## Emergency Equipment

- Tape roll
- 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
- Planzeiger (available at alpenverein.at shop)

## Clothes

- Underwear and spare underwear (Synthetic, wool)
- Socks
- Pullover/Jacket (fleece, Softshell, wool)
- Mountaineering Trousers (Softshell, Gore Tex,..)
- Hardshell (waterproof Jacket and Trousers)
- Down- or Primaloft Jacket
- Hat/Bandana
- Thin gloves for technical ascent
- Warm 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 (pencil, sheets)