



Equipment list ski tour:

Technical equipment

- Touring skis with touring bindings *
- Ski poles (adjustable in length) *
- Touring boots (with vibram sole) *
- skins *
- ski crampons
- Backpack (approx 25-35 liters, with ski attachment)
- Ski helmet

Safety equipment

- Avalanche search device (LVS) **
- Avalanche shovel **
- Avalanche probe **
- Bivouac bag **
- first aid (including rescue blanket, blister plaster)

Food:

- Thermos bottle, drinking bottle (approx. 1-1.5 liters)
- Tour catering (depending on your preference, muesli/fruit bars, dried fruit, nuts, chocolate bar)

Clothing:

- Functional underwear
- Sweater / jacket (fleece, softshell, wool)
- Softshell jacket
- Light down jacket / gilet
- Anorak (waterproof / windproof)
- Ski touring pants (softshell, gore, ...)
- Beanie
- Thinner gloves (... for the ascent)
- Warm gloves, mittens (... for the descent)
- Ski goggles
- Sun protection (cap, bandana, ..)
- Sunglasses
- Sunscreen
- Lip protection

For glacier tours additionally:

- Harness plus 1 carabiner (safe biner)***
- Crampons***
- Ice axe***

For multi-day tours additionally:

- Hut sleeping bag
- Toiletries
- Charging cable
- Earplugs
- AV ID card if available
- headlamp
- possibly a larger rucksack (35-45l)

* can be borrowed from sports shops for a fee

** can be borrowed free of charge from the Alpincenter

*** can be borrowed for a fee from the Alpincenter