

TIPS FOR EQUIPMENT FOR HIGH ALPINE TOURS

On the body at the start of the tour:

- Underwear
- Long-sleeved shirt, breathable
- Light fleece jacket or sweater
- Long mountain trousers
- Sturdy high mountain/hiking boots with treaded soles
- Sunglasses
- Sunscreen applied
- At least one pole with snow basket

In the backpack:

- Backpack approx. 25L
- Down jacket or warm jacket
- Anorak (wind- and waterproof)
- possibly rain pants (in case of bad weather)
- Spare shirt to change
- Cap
- Gloves (at least lightly lined)
- Sunscreen
- Food and drinks; at least 1 liter
- Technical equipment depending on the tour: harness, ice axe, crampons, helmet

For overnight stays in huts:

- Hut sleeping bag
- Toiletries (only the most necessary)
- Socks, spare shirt, light slippers

If possible, all items should be stowed in the backpack so that nothing is hanging around on the outside. The lighter the backpack, the easier the tour!!!