

TIPS FOR EQUIPMENT FOR HIKING TOURS AND VIA FERRATA

On the body at the start of the tour:

- Underwear
- Long-sleeved shirt, breathable
- Light fleece jacket or sweater
- Short or long mountain pants, depending on temperature
- Ankle-high hiking boots with profile sole
- Sunglasses
- Sunscreen applied

In the backpack:

- Backpack approx. 25L
- Down jacket or warm jacket
- Anorak (wind- and waterproof)
- maybe rain trousers (in case of bad weather)
- Spare shirt to change
- Cap
- Thin gloves
- Sunscreen
- Food and drinks adapted to the duration of the tour

When hiking:

- Hiking poles, spikes (advantageous for glacier crossing to Braunschweiger Hütte and glacier trail to Taschachhaus)

For via ferrata:

- Harness, via ferrata set, helmet, thin gloves (leather, abrasion resistant)

If possible, all things should be stowed in the backpack, so that nothing dangles around outside. **The lighter the backpack, the easier the tour!**