

# equipment list

## Technical equipment

- ☐ Backpack
- ☐ Touring Skis with touring bindings
- ☐ Ski poles
- ☐ Ski boots
  
- ☐ Skins
- ☐ Harscheisen
- ☐ Avalanche Shovel\*
- ☐ Avalanche Probe\*
- ☐ Avalanche Transceiver\*
  
- ☐ Ski Helmet

## Clothes/Personal Kit

- ☐ Ski Trousers
- ☐ Softshell
- ☐ Hardshell
- ☐ Down Jacket
- ☐ Pullover, Fleece
- ☐ Shirts
- ☐ Underwear and spare underwear special Ski underwear
- ☐ Socks
- ☐ Hat/Bandana

## Our recommendation

with airbag system  
 With ski stopper, adjusted to your shoes and weight  
 Telescopic poles  
 Best to have your own & know they're comfortable!  
 must fit to your ski  
 must fit to your binding  
 metal  
 at least 240 cm  
 modern transceiver with 3 antennas (Pieps DSP, Mammut Pulse, Tracker, DTS, etc.)  
 recommended on and off piste

- ☐ Gloves/Mittens
  - ☐ Sunglasses, sun hat
  - ☐ Goggles
  - ☐ Sun cream
  - ☐ Toiletry
  - ☐ Hut shoes
  - ☐ Sheet sleeping bag
- Skiing gloves + Spare gloves  
 min. Factor 35 and lip protection  
 Including towel and soap  
 only when hut accommodation  
 only when hut accommodation

## Extras

- ☐ Drinking bottle
  - ☐ OeAV membership card
  - ☐ Course confirmation
  - ☐ Cash
  - ☐ Pen knife
  - ☐ Head torch
  - ☐ Camera
  - ☐ Snack food
  - ☐ Writing materials
  - ☐ Mobile phone
  - ☐ Maps / guide book
  - ☐ Compass
  - ☐ Altimeter
  - ☐ Bivy sack
  - ☐ First aid kit
- approx. 1 liter, thermos  
 Currency Euro  
 With new batteries  
 Alpenvereinskarte  
 if you have  
 if you have  
 for personal use,  
 should include a survival blanket

\*.....rental equipment must be pre-booked