

# equipment list

## technical equipment

- Backpack (approx. 30 liter)
- Mountaineering boots, class B1, B2
- Climbing harness\*\*
- Helmet\*\*
- 1 Tape Sling 120cm\*\*
- 1 HMS karabiner\*\*
- Via ferrata set\*\*
- Special gloves for via ferrata

## Emergency Equipment

- Bivy sack
- First aid kit – should include a survival blanket
- Pen knife
- Head torch with new batteries

## Navigation

- Map from the area (Alpenvereinskarte)
- Guide book or alpenvereinaktiv tourdescription
- Altimeter
- Inclinometer
- Smartphone with installed alpenvereinaktiv APP and snowsafe APP

## Clothes

- Underwear and spare underwear (Synthetic, wool)
- Socks
- Pullover/Jacket (fleece, Softshell, wool)
- Mountaineering Trousers (Softshell, Gore Tex;..)
- Hardshell (waterproof Jacket and Trousers)
- Thin Down Jacket
- Hat/Bandana
- 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

\*\* .....rental equipment must be pre-booked at the Alpenverein-Akademie office