

Equipment List Mountaineering

Technical equipment

- Climbing harness with 1x safelock carabiner (or 2x screw carabiners)
- Ice axe
- Crampons
- Backpack approx. 30l with rain cover
- Gaiter (optional)
- Telescopic trekking poles with snow baskets (optional)
- Helmet

Clothing

- 1x Hardshell jacket and pants (wind- and waterproof)
- 1x Mountaineering or trekking pants
- 1x Soft shell and/or fleece jacket
- 1x Down jacket
- 1x Short/long functional underwear
- 1x Cap/headband and 1x hat
- 2 Pairs of gloves (1 thin pair, 1 warm, windproof and waterproof pair)
- 1x Functional socks and 1x spare socks
- Hiking shoes or mountaineering shoes (at least ankle-high, hard sole)

Overnight cottage

- Own toiletries, ear plugs if required
- Clothes to wear in the hut or the hotel (Minimum)
- Slipper socks are at the hut
- Sleeping bag liner made of silk or cotton (for hygienic reasons)
- Towel
- SAC/Alpine Club member card (if available)

Food

- Breakfast and dinner in a hotel or a hut
- Tea and lunch must be brought or can be bought in the accommodation
- Snacks (e.g. energy bars, dried fruit, dried meat)

Various

- Sunglasses
- Sun cream and lip cream (SPF 30 or higher)
- Half fare travelcard (if available)
- Thermos flask made from break-proof material
- Headlamp or flashlight with new batteries
- Small medicinal supplies for personal requirements