

PACKLIST

MULTI-DAY TOUR
HIGH ALPINE / GLACIER

WHAT TO WEAR

✓	Gear	Weight (Average)
	Alpine boots with a very stiff sole, ideally crampon compatible	x
	Functional hiking pants	x
	Functional shirt	x
	Functional jacket or vest	x
	Backpack	1800 g
ESSENTIAL	Extra short-sleeve shirt	150 g
	Extra long-sleeved shirt	200 g
	1-2 bottoms short / long	100 g
	Functional socks	60 g
	Water- and windproof jacket	900 g
	Water- and windproof pants	300 g
	Hat and/or headband	60 g
	Liner gloves	70 g
	Thick gloves	280 g
	Functional shorts	200 g
	Cap or buff	70 g
	Sunscreen, lip balm (UPF 50)	60 g
	Sun-/glacier glasses	30 g
	Drinking bottle or bladder with at least 1l capacity (de-pending on tour)	1200 g
	Electrolyte and magnesium tabs (capsules)	150 g
	Muesli, dried fruit, nuts, bars as required	200 g
	First Aid Kit M (incl. rescue blanket)	280 g
	Blister Pads	20 g
	Headache pills	20 g
	Telescopic poles	460 g
	Hardware for high alpine trips:	
	• Climbing harness	230 g
	• 2 locking karabiners	190g
	• 2 Prusik slings, 4m x 6mm	100 g
	• Runner	40 g
	• Ice axe	630 g
	• Crampon	1000 g
	• Climbing helmet	320 g

Dear Outdoor Enthusiasts,

As a general rule for any trip remember to pack as light as possible – pack just what you need and leave the rest behind.

Experience is everything. To help you eliminate unnecessary weight and size, we have joined with professional mountain guides (German Mountain Guide Association) to produce this checklist. Please note that all weight specifications are approxi-mate values. Often, the better the quality of the equipment the lighter it is.

Have a great adventure.

IMPORTANT:
Keep heavy things close to the body!



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	✓ Gear	Weight (Average)
<i>ESSENTIAL</i>	ID, cash, credit card, plastic bag	40 g
	Sleeping bag liner	250 g
	Washing bag (travel shower gel, tooth brush / paste, small functional towel, tissues, ear plugs)	280 g
	Headlamp	80g
	Mobile phone with emergency numbers	130g
	Approximate weight "Essential" (incl. backpack)	9,89 kg
<i>RECOMMENDED</i>	Thermal flask	560 g
	Torch	50 g
	Multi-tool	150 g
	Cotton shirt for hut	150 g
	Light pants	200 g
	Gaiters	120 g
	Plastic bag (for rubbish or wet laundry)	20 g
	Approximate weight "Recommended"	1,25 kg
<i>WITHOUT MOUNTAIN GUIDE</i>	Maps	80 g
	Guide book	210 g
	Compass	80 g
	GPS device	220 g
	Bivouac sack	280 g
	Hardware for high alpine trips:	
	• Rope (depending on tour: 35-50 m)	2700 g
	• 2 ice screws	340 g
	• Depending on tour: cams + friends	700 g
	Approximate weight "without mountain guide"	4,61 kg
	Approximate (Overall Weight)	15,75 kg
<i>OPTIONAL</i>	Food (in case there is no hut offering meals)	x
	Pullover / fleece	x
	Camera and camera bag	x
	Extra batteries (headlamp, camera, GPS etc.)	x