

PACKLIST

DAY TOUR

SNOWSHOE / SKI TOURING

WHAT TO WEAR

✓	Gear	Weight (Average)
	Ski or snowshoe equipment	x
	Functional ski touring pants	x
	Functional shirt	x
	Functional jacket or vest	x
	Hat	x
	Light Gloves	x
	Avalanche beacon, check batteries before setting out!	x

ESSENTIAL

	Backpack	1290 g
	Probe	300 g
	Shovel	750 g
	Ski crampons	190 g
	Extra long-sleeve shirt	200 g
	Thick gloves	280 g
	Water- and windproof jacket	450 g
	Water- and windproof pants (to pull over)	300 g
	Sunscreen, lip balm (UPF 30)	60 g
	Sun-/glacier glasses, ideally with photochromic lenses	30 g
	Drinking bottle or bladder with at least 1l capacity (depending on tour)	1200 g
	Electrolyte and magnesium tabs	10 g
	First Aid Kit S (incl. rescue blanket)	190 g
	Blister Pads	20 g
	Headache pills	20 g
	ID, cash, credit card, plastic bag	40 g
	Headlamp	80g
	Mobile phone with emergency numbers	130g

RECOMMENDED

	Approximate weight "Essential" (incl. backpack)	5,6 kg
	Nuts, bars as required	200 g
	Goggles	140 g
	Gaiters (on snowshoe trips)	120 g
	Ski wax (ski touring)	20 g
	Repair kit (screwdriver, cable tie, duct tape etc.)	180 g
	Stuff sack	50 g
	Approximate weight "Recommended"	960 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 approximate 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!



CONTINUED ON PAGE 2!

PACKLIST

DAY TOUR

SNOWSHOE / SKI TOURING

	✓ Gear	Weight (Average)
<i>WITHOUT MOUNTAIN GUIDE</i>	Maps	80 g
	Guide book	210 g
	Altimeter	60 g
	Compass	80 g
	GPS device	220 g
	Approximate weight "without mountain guide"	800 g
	Approximate (Overall Weight)	7,36 kg
<i>EXPERTENTIPP</i>	Multi tool	x
<i>OPTIONAL</i>	Food (in case there is no hut offering meals)	x
	Pullover / fleece	x
	Skin spray to avoid gloppage	x
	Camera and camera bag	x
	Extra hat	x

PAGE 2