



## EQUIPMENT LIST ALPINE CLIMBS

### Basic equipment:

- robust, ankle high and water resistant mountaineering boots of the category B or C
- back pack (20-30 liter volume)
- water proof jacket
- water repellent pants or a rain pant
- functional underwear and a second shirt
- warm hat or headband, sun cap
- thin gloves with outstanding grip
- sun cream with SPF 30+ and lip protection
- sunglasses
- adjustable hiking poles
- small hut sleeping bag (made of silk or cotton)
- head lamp
- drinking bottle (1-2 liter)
- snack food like granola/power bars or nuts

### If the weather is changeable and/or cold, the following equipment is also required:

- second pair of thicker gloves
- insulated jacket
- long underwear
- rain pant
- rain cover protection
- gaitors (depending on the conditions)

### Useful items:

- first aid kit with blister plasters
- magnesium and headache pills
- toothbrush kit, evtl. small towel
- membership card of an alpine club, if available
- cash

### Special equipment (will be provided free of charge if required):

- crampons\*
  - harness\*
  - climbing helmet\*
- \*from meeting point*

