



## EQUIPMENT LIST MULTI DAY TRIPS

### Basic equipment:

- modern ski touring equipment (touring skis, skins, ski crampons, touring boots)
- digital avalanche beacon, shovel and probe  
Touring gear and avalanche safety gear can be rented in the local sport shops:
  - Alpinsport Gratz**  
Großdorf 80, 9981 Kals am Großglockner  
Tel: +43 4876 22 11 4  
Mail: [info@sport-gratz.com](mailto:info@sport-gratz.com)
  - Sport Michl**  
Großdorf 64, 9981 Kals am Großglockner  
Tel: +43 4876 84 34  
Mail: [info@sportmichl.at](mailto:info@sportmichl.at)
- back pack (20-30 liter volume)
- wind and waterproof hard shell jacket (Gore Tex or similar)
- ski touring pants
- softshell or fleece jacket
- functional underwear and a second shirt
- gloves (thin and thick)
- warm hat or headband
- ski helmet
- sunglasses, goggles (with good UV protection)
- sun cream and cold protection cream with SPF 30+ and lip protection
- thermo bottle (1 liter)
- snack food like granola/power bars or nuts
- hut sleeping bag (made of silk or cotton)
- head lamp

### 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*

