

PACKLIST

MULTI-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	1880 g
	Probe	300 g
	Shovel	750 g
	Ski crampons	190 g
	Extra long-sleeved shirt	200 g
	Extra underpants (long)	160 g
	Extra ski socks	80 g
	Water- and windproof jacket	900 g
	Water- and windproof pants (to pull over)	300 g
	Thick gloves	280 g
	Hat or headband	60 g
	Cap or buff	70 g
	Sunscreen, lip balm (UPF 50)	60 g
	Sun-/glacier glasses, ideally with photochromic lenses	30 g
	Drinking bottle or bladder	190 g
	Thermos flask	560 g
	At least 1l of hydration (depending on tour)	1000 g
	Electrolyte and magnesium tabs (capsules)	150 g
	Muesli, dried fruit, nuts, bars as required	200 g
	First Aid Kit M	280 g
	Blister Pads	20 g
	Headache pills	20 g
	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)	8,61 kg

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

MULTI-DAY TOUR

SNOWSHOE / SKI TOURING

	✓ Gear	Weight (Average)
<i>RECOMMENDED</i>	Goggles	140 g
	Multi-tool	150 g
	Repair kit (screwdriver, cable tie, duct tape etc.)	180 g
	Stuff sack	50 g
	Lunchbox	130 g
		Approximate weight "Recommended"
<i>WITHOUT MOUNTAIN GUIDE</i>	Snowcard	50 g
	Maps	80 g
	Guide book	210 g
	Altimeter	60 g
	Compass	80 g
	GPS device	220 g
	Bivouac sack	280 g
		Approximate weight "without mountain guide"
	Approximate (Overall Weight)	10,5 kg
<i>OPTIONAL</i>	Food	x
	Pullover / fleece	x
	Ski wax	x
	Gaiters (on snowshoe trips)	x
	Camera and camera bag	x
	Extra batteries	x
<i>ADDITIONAL EQUIPMENT FOR CROSSING GLACIERS WITHOUT MOUNTAIN GUIDE</i>	Rope (length depending on tour: 35/50m)	2700 g
	Climbing harness	230 g
	2 locking karabiners	190 g
	2 Prusik slings: 4m x Ø 6mm	100 g
	Runner	40 g
	2 ice screws	320 g
	Ice axe	630 g
	Crampon	1000 g
	Depending on tour: cams + friends	500 g
		Zusätzlich ungefähres Gesamtgewicht „Ohne Bergführer / Gletscher“