

# PACKLIST

## ONE DAY TOUR

### SKI TOURING

#### WHAT TO WEAR

✓	Gear	Weight (Average)
	Functional underwear and socks	x
	Functional jacket	x
	Ski touring pants	x
	Ski touring boots	x
	Touring skis	x
	Telescopic poles with snow baskets	x
	Avalanche beacon	x
	Hat	x
	Thin gloves	x

#### ESSENTIAL

	Backpack, approx. 26 - 34 litres	1460 g
	Extra shirt (short / long sleeve)	150 g
	Water- and windproof jacket	400 g
	Warm downjacket	500 g
	Warm gloves	150 g
	Avalanche probe	200 g
	Shovel	440 g
	Bivy bag	270 g
	First aid kit with personal medication	280 g
	Thermos flask with tea	800 g
	Snacks	300 g
	Ski crampons	100 g
	Ski skins	300 g
	Ski helmet	500 g
	Ski goggles	120 g
	Sunscreen UPF 50 plus lip balm	30 g
	Sunglasses	30 g
	ID, cash, credit card, plastic bag	60 g
	Smartphone with emergency numbers and altimeter	140 g
	Small torch / head lamp	70 g

#### RECOMMENDED

	Nuts, dry fruits, snack bars as required	150 g
	Tissues	10 g
	Penknife	60 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

## ONE DAY TOUR

### SKI TOURING

	✓ Gear	Weight (Average)
WITHOUT MOUNTAIN GUIDE	Maps	80 g
	Guide book	100 g
	GPS	220 g
OPTIONAL	Drink bag, Thermo Bag, Tube Insulator, 1 litre of water	x
	Camera	x
	Repair kit: Cable tie, wire, ski skin glue, ski wax	x
	Avalanche risk check-card (DAV Snowcard)	x
	Powerbank	x
	Pullover / fleece	x
	<b>Approximate (Overall Weight)</b>	<b>6,920 kg</b>

PAGE 2