

PACKINGLIST SKITOUR DAYTRIP

SKIING EQUIPMENT

- TOURINGSKI
- CLIMBING SKINS
- TOURINGBINDINGS
- TOURING BOOTS
- TOURING POLES
- CRAMPONS
- HELMETS
- TOURING BACKPACK

CLOTHING

- SKI SOCKS
- BASELAYER
 - -SHIRT
 - -PANTS
- MIDLAYER/ PULLOVER
- FLEECEJACKTE/- WEST
- INSULATION JACKET
- JACKET (DOWN, SOFTSHELL OR HARDSHELL)
- PANTS (SOFTSHELL OR HARDSHELL)
- EXCHANGE BASELAYER (FOR SKIING)
- BEANIE OR HEADBAND (EXCHANGE FOR SKIING)
- SCARVE OR NECKWARMER
- SKI GOGGLES OR SUNGLASSES
- LIGHT GLOVES (UPHILL)
- SKIING GLOVES (FOR SKIING)

AVALANCHE SAFETY

- AVALANCHE SHOVEL
- AVALANCHE PROBE
- TRACKER BEACON
- BIVI BAG
- AVALANCHE SITUATION REPORT
- AVALANCHE BACKPACK

ORIENTATION, HEALTH AND GENERAL

- PASSPORT, HEALTH INSURANCE CARD, DAV-ID
- CASH
- POCKET KNIFE
- CLIMBING SKIN SKINCARE
- HEADLAMP
- SIGNAL WHISTLE
- MOBILE PHONE (FULLY CHARGED)
- GPS TRACKER (IF NECESSARY)
- RAINCAPE FOR BACKPACK (IF NECESSARY)
- FIRST AID KIT & FIRST AID INFORMATION
- SUNCREME (50+)
- TISSUES

FOR THE BREAKS

- BOTTLE / THERMOS FLASK
- SANDWICH/ POWERBAR/ FRUITS
- RUBBISH BAGS

TIPPS

- YOUR PACKED BACKPACK SHOULD NOT WEIGH MORE THAN 9 KILOS FOR BOTH DAY AND MULTI-DAY TOURS
- AT HOME, BEFORE THE TOUR, CHECK THE WEATHER DEVELOPMENT, THE SNOW REPORT AND THE AVALANCHE REPORT
- DEPENDING ON THE WEATHER FORECAST, YOU CAN LEAVE YOUR RAINWEAR AND THICK JUMPER AT HOME
- BASELAYER MADE OF MERINO WOOL KEEPS YOU WARM EVEN WHEN YOU SWEAT AND COOLS YOU DOWN WHEN IT GETS TOO WARM