



Helpful for preparation:

- Apparel / Clothing: We recommend functional clothing / layering principle so you can react different temperatures
- Boots: Approach shoes and climbing shoes.
- Lunch: Please take some snacks and drinks with you.
- Back pack: We recommend a back pack with 30L.

Apparel / Clothing

- |   |  |
|---|--|
| <input type="checkbox"/> Light Mountain jacket Gore-Tex                                 | <input type="checkbox"/> breathable underwear clothing |
| <input type="checkbox"/> Robust and elastic climbing pants (cotton or light soft shell) | <input type="checkbox"/> Light approaching socks       |
| <input type="checkbox"/> Climbing sweatshirt  | <input type="checkbox"/> Light 5 fingers gloves        |
|   | <input type="checkbox"/> Beanie / headband             |

Additional material

- |  |   |
|--|---|
| <input type="checkbox"/> Sunglasses with high protection                       | <input type="checkbox"/> Headlamp with spare batteries          |
| <input type="checkbox"/> Sun crème / lip balm                                  | <input type="checkbox"/> Water bottle                           |
| <input type="checkbox"/> Light toiletry not too much                           | <input type="checkbox"/> Pocket knife                           |
| <input type="checkbox"/> Event. silk sleeping bag                              | <input type="checkbox"/> Alpine club identification CAI/DAV/SAC |
| <input type="checkbox"/> Poss. photo equipment                                 | <input type="checkbox"/> ID / Passport                          |
| <input type="checkbox"/> Poss. first aid kit to coordinate with mountain guide | <input type="checkbox"/> Poss. Oropax                           |
|  | <input type="checkbox"/> Poss. map                              |

Boots / Gaiter

- |  |   |
|--|---|
| <input type="checkbox"/> Mountaineering/Trekking boots     | <input type="checkbox"/> Climbing shoes |
| <input type="checkbox"/> Mountaineering boots for crampons | <input type="checkbox"/> Gaiter         |
| <input type="checkbox"/> Approaching boots                 |   |

Technical mountaineering material

- |  |   |
|--|---|
| <input type="checkbox"/> Harness   | <input checked="" type="checkbox"/> 1 x runners/tubular sling 120cm |
| <input type="checkbox"/> 1 x HMS screwgate carabiner                             | <input checked="" type="checkbox"/> 1 x runners/tubular sling 60 cm |
| <input type="checkbox"/> 2 x HMS screwgate carabiner                             | <input type="checkbox"/> 1,2m Cord 6mm                              |
| <input type="checkbox"/> Quickdraw   | <input type="checkbox"/> 2,4m Cord 6mm                              |
| <input checked="" type="checkbox"/> Belay/Rappel Device with screwgate carabiner |   |