



Apparel / Clothing

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|---|--|
| <input type="checkbox"/> Mountain jacket Gore-Tex | <input type="checkbox"/> Gloves |
| <input type="checkbox"/> Poss. light mountain pant Gore-Tex | <input type="checkbox"/> Warm, breathable clothing |
| <input type="checkbox"/> Robust and elastic mountain pants for example Soft Shell pants | <input type="checkbox"/> Trekking / Mountaineering socks |
| <input type="checkbox"/> Spare underwear | <input type="checkbox"/> Beanie / headband |

Additional material

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|--|---|
| <input type="checkbox"/> Sunglasses with high protection | <input type="checkbox"/> Headlamp with spare batteries |
| <input type="checkbox"/> Sun-tanning crème / lip balm - lip care | <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 boots |
| <input type="checkbox"/> Mountaineering boots for crampons | <input type="checkbox"/> Gaiter |
| <input type="checkbox"/> Approaching boots | |

Technical mountaineering material

- | | |
|---|---|
| <input type="checkbox"/> Harness | <input type="checkbox"/> Via ferrata set |
| <input type="checkbox"/> 1 x HMS screwgate carabiner | <input type="checkbox"/> Helmet |
| <input type="checkbox"/> 2 x HMS screwgate carabiner | <input type="checkbox"/> Chalk bag |
| <input type="checkbox"/> Quickdraw | <input type="checkbox"/> 1 x Ice screw |
| <input type="checkbox"/> Belay/Rappel Device with screwgate carabiner | <input type="checkbox"/> Crampons with anti-balling/anti-snow |
| <input type="checkbox"/> 1 x runners/tubular sling 120cm | <input type="checkbox"/> Ice axe |
| <input type="checkbox"/> 1 x runners/tubular sling 60 cm | <input type="checkbox"/> Ice climbing axe |
| <input type="checkbox"/> 1,2m Cord 6mm | <input type="checkbox"/> Trekking poles |
| <input type="checkbox"/> 2,4m Cord 6mm | <input type="checkbox"/> Backpack 30/40L |