



EQUIPMENT LIST SKI TOUR WINTER

Basic equipment:

- modern ski touring equipment
(touring skis, skins, ski crampons, touring boots)
 - digital avalanche beacon, shovel and probe
- Touring gear and avalanche safety gear can be rented in the local sport shops:

Alpinsport Gratz

Großdorf 80, 9981 Kals am Großglockner

Tel: +43 4876 22 11 4

Mail: info@sport-gratz.com

Sport Michl

Großdorf 64, 9981 Kals am Großglockner

Tel: +43 4876 84 34

Mail: info@sportmichl.at

- back pack (20-30 liter volume)
- wind and waterproof hard shell jacket (Gore Tex or similar)
- ski touring pants
- softshell or fleece jacket
- functional underwear and a second shirt
- gloves (thin and thick)
- warm hat or headband
- ski helmet
- sunglasses, goggles (with good UV protection)
- sun cream and cold protection cream with SPF 30+ and lip protection
- thermo bottle (1 liter)
- snack food like granola/power bars or nuts

Useful items:

- first aid kit
- blister plasters
- magnesium and headache pills
- cash

