

EQUIPMENT LIST

ALPINE CLIMBS SUMMER



MOUNTAINEERING BOOTS:

mountaineering boots of the category B or C are required.
the boots should have a rubber sole, be robust, ankle high, water resistant and most importantly, they have to fit and be comfortable.
info: our rental crampons will fit all boots in this category

WEATHERPROOF CLOTHING:

water proof jacket, in case you don't wear a water repellent pants, you should bring some light rain pants you can wear over top. They need to have a full side zipper in order to put them on without taking off your boots. Gaitors can be helpful in deeper snow conditions, depending on the boots (some boots have integrated gators).

INSULATING LAYERS:

warm hat or headband, insulated climbing gloves. A second pair of thicker gloves, a insulated jacket and long underwear are highly recommended.

SUN PROTECTION:

high quality sun screen and UV proof sun glasses, lip stick with UV protection, light sun or base ball hat.

BACK PACK:

the back pack should have approx. 30 liter of volume, all the items you bring should fit inside the pack. External rain cover protection is recommended.

FOOD/SNAKS:

due to the relatively short distances between the huts we recommend snack food like granola/power bars or nuts. 1 liter of water or Gatorade like energy drinks (maybe with magnesium) is usually plenty. Of course you can bring more but we aim to keep our packs light for easier and more enjoyable travels.

HIKING POLES:

we recommend adjustable hiking poles, they should have big enough baskets for snow travel

CONVENIENT ITEMS:

hut sleeping bag (can also be rented or purchased at the hut), head lamp, blister kit, head ache medication, small towel, spare shirt

RENTAL GEAR:

if needed we have free rental gear for you (crampons, harness, helmet), some guests prefer their own gear. Your guide will bring a First Aid kit.

