

Packing List

Recommended Packing List Summer – A Day Tour

On the Body

- Waterproof hiking boots (with Vibram sole) that go over the ankles
- Breathable and water-repellent clothing, possibly zip pants
- Trekking poles/ folding poles

In backpack (rain cover) + max. 5 kg total weight

- Headcover against the sun (cap or head scarf)
- Replacement T-shirt or long sleeve
- Warm microfiber jacket
- Water repellent clothing, rain jacket, poncho, rain pants
- Warm hat
- Thin gloves
- Replacement shoelaces
- filled bottle(s) (minimum 1 litre)
- Energy-rich food (granola bars, nuts, dried fruit, magnesium)
- Good sunglasses
- Sun protection SPF 30+
- Small first aid pack + lighter
- Medicines, like Aspirin and blister patches
- ID card, money, debit card, health insurance
- Possibly various maps, mobile phone, camera and binoculars

Recommended Packing List Summer – Multi-day trip

On the Body

- Waterproof hiking boots (with Vibram sole) that go over the ankles
- Breathable and water-repellent clothing, possibly zip pants
- Trekking poles/ folding poles

In backpack (rain cover) + max. 8 kg total weight

- Headcover against the sun (cap or head scarf)
- Replacement T-shirt or long sleeve
- Warm microfiber jacket
- Warm microfiber jacket
- Water repellent clothing, rain jacket, poncho, rain pants
- Warm hat
- Thin gloves
- 2 pairs of underwear
- 1 pair of Trekking and Functional Socks
- Replacement shoelaces
- filled bottle(s) (minimum 1 liter)
- Energy-rich food (granola bars, nuts, dried fruit, magnesium)
- Good sunglasses
- Sun protection SPF 30+
- Small first aid pack + lighter
- Medicines, like Aspirin and blister patches
- ID card, money, debit card, health insurance, possibly AVS card
- Sleeping bag - rescue blanket
- Wash bag (use samples)
- Oropax, headlamp
- Small microfibre towel about 30 x 60 cm
- Plastic bags for waste or laundry
- Light trousers for evening wear
- T-shirt for evening wear

- Light sneakers or slippers for evenings
- Possibly various maps, mobile phone, camera and binoculars
- Power bank for mobile phone

Packing list for Snowshoe tour

Recommended Packing List Summer – A Day Tour

On the Body

- Waterproof hiking boots (with Vibram sole) that go over the ankles
- Warm breathable and water-repellent clothing
- Ice chains/ snowshoes
- Telescopic poles

In backpack (rain cover) + max. 5 kg total weight

- Replacement long-sleeve shirt
- Warm, water-repellent clothing, rain jacket and rain pants
- Warm cap
- Gloves (warm + waterproof)
- Gaiters
- Rescue blanket
- Replacement laces
- First aid pack + lighter
- Bottle(s) (minimum 1 liter)
- Energy-rich food (granola bars, nuts, dried fruit, magnesium)
- Good sunglasses/ ski goggles
- Sun protection SPF 30+
- Headlamp
- Medication, Aspirin and blister patches
- ID card, money, debit card, health insurance
- Physical maps, mobile phone, possibly camera, binoculars
- Powerbank for mobile phone

Recommended Packing List– Multiple-day Tour

On the Body

- Waterproof hiking boots (with Vibram sole) that go over the ankles
- Warm breathable and water-repellent clothing
- Ice chains/ snowshoes
- Telescopic poles

In backpack (rain cover) + max. 8 kg total weight

- Replacement long-sleeve shirt
- For water-repellent clothing, rain jacket and rain pants or Poncho
- 2 short underpants
- 1 pair of functional socks
- Warm cap
- Gloves (waterproof)
- Gaiters
- Rescue blanket
- Replacement laces
- First aid pack small + lighter
- Bottle(s) (minimum 1 liter)
- Energy-rich food (granola bars, nuts, dried fruit, magnesium tablets)
- Good sunglasses/ ski goggles
- Sun protection SPF 30+
- Personal medication, Aspirin, and blister patches
- ID card, money, EC card, possibly Alpine association card
- Sleeping bag
- Wash bag
- Oropax, headlamp
- Small microfiber towel about 30 x 60 cm
- Plastic bags for waste or laundry
- Light trousers for evening wear
- Long sleeve T-shirt for evening
- Light sneakers or slippers for evening

- Possibly physical maps, mobile phone, camera and binoculars
- Power bank for mobile phone