

# Cevedale Pizzoccheri e Lagopède Tour

## Equipment list

<i>quantity</i>	<i>description</i>
1	snow shovel
1	A.R.T.V.A. (avalanche transceiver)
1	Sonda - Probe
1	ABS backpack (if you want)
1 pair	(telescopic) ski poles
1 pair	skis
1 pair	skins
1 pair	touring ski boots

1 pair	light trainers shoes
1 pair	ski gloves
1 pair	spare gloves
1	sleeping bag liner
1	head torch
1	(set of emergency batteries)
1 or 2	sun glasses + goggles
1	back pack, good condition 35-45L
2 pairs	wool socks
2 pairs	silk socks
1 pair	cotton socks
1 or 2	Base layers sets
1	Mid layer
1	Soft Shell
1	Gore-Tex jacket and pants

<i>quantity</i>	<i>description</i>
1	Windstopper hat
As needed	underwear
1	sun hat
1	small towel
1	toiletries
1	personal first aid kit
1	sun cream high protection
1 pair	Ear-plugs
1 for 3 pax	repair kit + steel wire + super glue
1	knife
1	thermos
1	(sewing kit)
	travel documents + flight tickets
	passport + copy
1	camera
	credit card
	lite book
	schnaps flask
1	jeans + T-shirt for travel
	emergency food and drinks

1 pair	ski crampons
1 pair	crampons
1	Ice-axe
1	Harness + 1 screwgate carabiner

THE LIST IS FOR INFORMATION ONLY BUT WE SUGGEST YOU FOLLOW IT