

General climbs in the Alps

Equipment list

| quantity | description |
|----------|--|
| * 1 | snow shovel |
| * 1 | A.R.T.V.A. (avalanche transceiver) |
| * 1 | Sonda - Probe |
| * | only if requested by the guide |
| 1 pair | telescopic ski poles |
| 1 pair | mountaineering boots or waterproof trekking boots |
| 1 pair | gaiters |

| quantity | description |
|-----------|---------------------------|
| 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 pair | light trainers shoes |
| 1 pair | WARM gloves or 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 | Base layers sets |
| 1 | Mid layer |
| 1 | Soft Shell |
| 1 | Gore-Tex jacket and pants |

| | |
|---|-----------------------------------|
| 1 | multi-purpose knife (SwissArmy) |
| 1 | thermos |
| 1 | (sewing kit) |
| | travel documents + flight tickets |
| | passport + copy |
| Alpine Club Card (CAI, CAF, BMC, DAV) WITH PERSONAL RESCUE INSURANCE | |
| 1 | camera |
| | credit card |
| | schnaps flask |
| 1 | jeans + T-shirt for travel |
| | emergency food and drinks |
| 1 pair | crampons |
| 1 | Ice-axe |
| 1 | Harness + 1 screwgate carabiner |

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