

## Skitour gear

- skis or splitboard
- skins
- crampons (ski/splitboard)
- boots
- poles (ski/telescopic)
- helmet
- backpack (40–50 L)
- goggles (2 pcs, for sunny and cloudy weather)
- sunglasses (factor 3)

## Clothes

- hardshell jacket (Gore-Tex or similar)
- hardshell pants (Gore-Tex or similar)
- down jacket
- insulated jacket (2 pcs, e.g. Primaloft and fleece)
- insulated pants (down, Primaloft or fleece)
- thermal underwear (2 sets)
- thermal socks (3–4 pairs)
- hats (2 pcs)
- balaklava/buff
- mittens/warm gloves (2 pairs)
- liners
- clothes to wear in alpine huts

## Avalanche gear

- beacon
- probe
- shovel

## Alpine climbing gear

- crampons (compatible with your boots)
- ice axe (55–60 cm)
- harness (we recommend ski mountaineering harness)
- screwgate carabiners (2 pcs)
- cordellette (6 mm thick, 1.5 m long)

## Personal items

- personal hygiene products
- bath towel
- sunscreen (SPF 50+)
- sunscreen lipstick (SPF 20+)
- personal first aid kit
- thermos (1 L)
- gear repair kit
- powerbank
- headlamp + spare batteries