

ANDERMATTERS

Technical equipment

- Avalanche transceiver
- Avalanche probe
- Avalanche shovel
- Avalanche airbag rucksack or touring rucksack (approx. 30 l with ski attachment)
- Ski touring equipment (skis, bindings, skins, crampons), piste ski boots or ski touring boots
- Splitboard with skins
- (Telescopic) ski poles
- Ski helmet or climbing helmet (optional)

Clothing

- 1 x ski jacket, 1 x ski pants (Gore-Tex or similar material)
- 1 x soft shell and/or fleece jacket
- 1 x functional short/long underwear
- 1 x cap, 1 x headband
- 2 x gloves (1 x thin pair, 1 x warm pair, windproof and waterproof)
- 1 x functional socks, 1 x spare socks

Food

- Tea/lunch
- Snacks (e.g. snack bars, dried fruits, dried meat)

Various

- Sunglasses and ski goggles
- Sun and lip cream (SPF 30 or more)
- Half-fare travelcard (if available)
- Thermos flask made of unbreakable material
- Small pharmacy for personal needs