



PACKING LIST FOR THE WINTER HIKES

BASIC EQUIPMENT

- winterproof footwear (warm, waterproof, good support, secure grip)
- technical underwear
- breathable shirt
- fleece pullover or jacket
- weatherproof jacket with hood, wind- and water-repellent material
- warm jacket
- long weatherproof winter walking trousers made of hard-wearing material
- walking socks
- bandanna or scarf
- cap and gloves

DAYPACK

- backpack, around 20 litre capacity for use during the hike, rain protection for the backpack
- light spare underwear for changing into during the day
- sun protection (sunglasses, sun cream)
- thermos flask / drink bottle
- refreshment as desired
- first aid kit
- mobile phone
- walking poles if used
- gaiters if required
- spikes/snow chains
- cash
- pocket or head lamp

VARIOUS

- clothing for the stay in the accommodation
- hygiene articles
- personal medication as required
- passport/ID
- phone charger
- penknife

FIRST AID KIT

- rapid wound dressing
- pavement
- blister pavement
- 2 elastic bandages
- 2 sterile gauze compresses (10 x 10 cm)
- 1 tape (2,5 cm wide)
- 2 triangular scarves
- 2 rescue blankets
- disposable gloves
- small scissors