



Mountaineering Winter Check List Gear

	Hiking	Avalanche course	Ski mountaineering tour (glaciated)	Snowboard tours
	Mountaineering	Ski touring	Ski mountaineering course	Snowboard touring course
	Snowshoe hiking	Ski touring course	Ski crossing (glaciated)	
		Ski crossing (unglaciated)		
Garments				
Anorak	x	x	x	x
Spare gloves	x	x	x	x
Spare shirt	x	x	x	x
Spare socks	x	x	x	x
Spare underwear	x	x	x	x
Gaiter or appropriate trousers	x (on demand)	x	x	x
Gloves	x	x	x	x
Helmet (Ski-/Snowboard)		x (on demand)	x (on demand)	x
Trousers	x	x	x	x
Cap	x	x	x	x
Sweater/jacket	x	x	x	x
Sun hat/cap	x	x (on demand)	x (on demand)	x (on demand)
Overpants	x (on demand)	x	x	x
Equipment				
Stitched ribbon sling (0,6m-stitched)			ZHS	
Ribbon sling/station sling (1,2m-stitched)			ZHS	
Chest harness + sling			ZHS (on demand)	
Ice axe			ZHS (on demand)	
Quick draws			ZHS (on demand)	
Ice securing tool/screws			ZHS (on demand)	

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Kletterausrüstung				
HMS-Carabines (2 pieces), Screw carabines or "Safebiner" - no Twistlock!			ZHS	
Short prusik (cords 6mm; 90 cm) or thin Dynema-ribbon sling (0,3m - stitched) (1 piece)			ZHS	
Normal carabines (3 pieces, 2 of them of same type)			ZHS	
Prusik slings (cords 6mm, 1 piece 4,5m / 1 piece 2 m)			ZHS	
Screw/locking carabines (1 piece)			ZHS	
Rope			ZHS	
Seat belt			ZHS	
Crampons			ZHS (on demand)	
Shoes				
Hut shoes (light)	when contact with snow	x (on demand)	x (on demand)	x (on demand)
Ski shoes (slope)		x (only if very comfortable, exception for easy tours)		
Ski shoes (tour)		x	x	
Snowboard shoes				x
Snow shoes (incl. Ice crampons)	ZHS (on demand)			ZHS
Mountaineering boots/solid hiking shoes	x			

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Other				
Travel apo	ZHS	ZHS	ZHS	ZHS
Maps, compass	ZHS	ZHS	ZHS	ZHS
Bivouac bags	ZHS	ZHS	ZHS	ZHS
Avalanche transceiver (LVS), avalanche shovel, avalanche probe		ZHS	ZHS	ZHS
Identity card	x	x	x	x
Backpack (Volume in liter)	x ca. 20 - 30 l	x ca. 40 - 60 l	x ca. 40 - 60 l	x ca. 40 l with board holder
Ski glasses		x	x	x
Snowboard				x Splitboard if available
Ski poles (Telescopic recommended) Hiking poles	x	x	x	x Telescopic poles mandatory
Sun glasses	x	x	x	x
Sunscreen	x	x	x	x
Torch (better: head lamp)	x	x	x	x
Touring ski, ascending skins, ice crampons		x	x	x ascending skins, ice crampons when using a splitboard
Water bottle	x	x	x	x
Health insurance card		x	x	x
Washing items		x	x	x
Sleeping bag/hut sleeping bag:				
For accommodation in Alpine club huts: The use of a hut- or youth hostel sleeping bag is mandatory!				
X = Provided by the participants				
ZHS = Provided by the Central University Sports Department				