

# Equipment for skitour

## Personal equipment

1. Backpack (30-40l) better with ABS
2. Ski-touring poles
3. Headlamp + spare batteries
4. Thermos (min 0.75l)
5. Sun glasses (UV4)
6. Ski goggles

### This equipment you can rent:

1. Ice axe
2. Harness
3. Ski or climbing helmet
4. Crampons
5. Ski Touring boots
6. Ski Touring set - skis, skins, ski-crampons
7. Avi-set: beacon, probe, shovel

## Clothes

1. Down jacket
2. Hard shell
3. Warm jacket
4. Fleece jacket
5. Base layer
6. Warm hat
7. 1-2 buffs
8. Head cap
9. Ski gloves
10. Warm fleece gloves
11. Ski socks

## Personal items

1. Sun cream w/SPF50+
2. personal hygiene items
3. Personal First Aid Kit
4. Lips bam