

PACKING LIST

HIGH ALPINE GLACIER TOUR • BACKPACK APPROX. 45 L, WEIGHT APPROX. 10 KG



Dear mountain enthusiasts,

for any tour, bring as little as possible – but as much as needed!

We, the mountain guides of the OASE AlpinCenter, have made a packing list for you, based on our personal experience. Please bear in mind that all indications of weight are just references and can vary. Generally, it is said that the higher the quality of the equipment, the lighter it is.

We recommend clothing and equipment of our partners* and wish you a lot of fun on your mountain tour.

	Weight approx. (in grams)	Weight of your item	✓
WORN ITEMS	Functional base layer and functional socks		
	Functional hiking pants (Patagonia)*		
	Functional shirt (Icebreaker Merino)*		
	Functional jacket or vest (Patagonia)*		
	Hiking boots that provide good ankle support and great grip, crampon compatible Category B/C or C (Meindl)*		
	Telescopic tracking poles (Leki)* are recommended		
ESSENTIAL ITEMS TO PACK	Backpack (Deuter)*, with rain cover	1830	
	Extra short sleeve shirt (Icebreaker Merinowolle)*	160	
	Extra long sleeve shirt (Icebreaker Merinowolle)*	220	
	2 pairs of underpants	140	
	1 pair of functional socks	60	
	Water and windproof Gore-Tex jacket (Patagonia)*, (no poncho)	690	
	Water and windproof Gore-Tex pants (Patagonia)*	310	
	Hat or headband	40	
	Light gloves	80	
	Warm gloves	280	
	Functional shorts	210	
	Sun screen with a UPF of 50 and lip balm	70	
	Cap or Buff	40	
	Sun glasses / glacier goggles, am besten selbsttönend	30	
	1 Litre of hydration in bottle, bladder or thermos flask	1560	
	Electrolyte or magnesium tablets (tube)	150	
	Nuts / dried fruits / energy bars (Seeberger)*	210	
	Personal medication, Aspirin and blister plasters	220	
	Small torch / headlamp	80	
	Passports, cash, credit card, international insurance in plastic bag for water protection with ziplock	40	
	Sleeping bag liner (Deuter)*	250	
	Wash bag for body care items (use miniatures) and ear plugs	220	
Small micro fibre travel towel, approx. 30x60 cm	60		
Mobile phone with emergency numbers	130		
Approx. weight „essential items“	7080		

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		Weight approx. (in grams)	Weight of your item	✓
ESSENTIAL ITEMS	Special high alpin glacier equipment			
	Climbing harness (Petzl)*	430		
	Ice axe (Petzl)*	630		
	Crampons (Petzl)*	1000		
	Locking carabiners 2x (Petzl)*	150		
	Prusik slings: 4m x Ø 6mm, 2 of them	100		
	Sling	40		
	Climbing helmet (Petzl)*	320		
	Approx. weight „high alpine glacier equipment“	2670		
RECOMMENDED	Gaiters (Deuter)*	120		
	Multitool (Victorinox)*	150		
	Lightweight pants	320		
	T-Shirt for the hut	170		
	Lightweight sports shoes or slippers for the hut	200		
	Transparent plastic bag for garbage and/or laundry	20		
	Camera	250		
		Approx. weight „recommended“	1230	
Overall approx. weight on guided tours		10980		
WITHOUT MOUNTAIN GUIDE	Rope: depending on the tour 35 / 50 meters	2700		
	2 ice screws	340		
	Depending on the tour: nuts, cams and friends	700		
	Maps	80		
	Guide book, detailed tour information	210		
	Compass	80		
	GPS (Garmin)*	220		
	Bivvy bag (Ortovox)*	280		
	Spare batteries (headlamp, camera, GPS etc.)	90		
	Weight approx. „without mountain guide“	4110		
Overall approx. weight on non guided tours		15090		