

PACKING LIST

SKI-/SNOWSHOE TOUR - DAY TRIP • BACKPACK APPROX. 30 L, WEIGHT APPROX. 6 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	Ski- / snowshoe equipment (hiking boots or winter boots for snowshoe trips)		
	Functional base layer and functional socks		
	Functional ski touring pants or ski pants (Patagonia)*		
	Functional shirt (Icebreaker Merino)*		
	Functional jacket or vest (Patagonia)*		
	Gaiters (for snowshoe trips) (Deuter)*		
	Hat		
	Light gloves		
	Avalanche transceiver (Ortovox)*		
ESSENTIAL ITEMS TO PACK	Backpack (Deuter)*, with rain cover	1550	
	Extra short sleeve shirt (Icebreaker Merinowolle)*	160	
	Extra long sleeve shirt (Icebreaker Merinowolle)*	220	
	Water and windproof Gore-Tex jacket (Patagonia)*, (no poncho)	690	
	Water and windproof Gore-Tex pants (Patagonia)*	310	
	Warm gloves	280	
	Sun screen with a UPF of 50 and lip balm	70	
	Cap or Buff	40	
	Sun glasses	30	
	1 Litre of hydration in bottle, bladder or thermos flask	1560	
	Electrolyte or magnesium tablets (tube)	150	
	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	
	Mobile phone with emergency numbers	130	
Approx. weight „essential items“	5530		

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		Weight approx. (in grams)	Weight of your item	✓
ESSENTIAL ITEMS	Special ski- / snowshoe equipment			
	Probe (Ortovox)*	300		
	Shovel (Ortovox)*	750		
	Ski crampons (for ski touring)	190		
	Approx. weight „ski- / snowshoe equipment“	1240		
RECOMMENDED	Goggles	140		
	Repair set (screwdriver, cable tie, ducttape etc.), wax (skitour)	190		
	Extra hat or headband	40		
	Nuts / dried fruits / energy bars (Seeberger)*	210		
	Transparent plastic bag for garbage and/or laundry	20		
	Camera	250		
	Approx. weight „recommended“	850		
Overall approx. weight on guided tours		7620		
WITHOUT MOUNTAIN GUIDE	Snowcard	50		
	Maps	80		
	Guide book, detailed tour information	210		
	Compass	80		
	Altimeter	60		
	GPS (Garmin)*	220		
	Bivvy bag (Ortovox)*	280		
	Spare batteries (headlamp, camera, GPS etc.)	90		
Weight approx. „without mountain guide“	1070			
Overall approx. weight on non guided tours		8690		