

# PACKING LIST

HIKING - DAY TRIP • BACKPACK APPROX. 20 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	✓
<b>WORN ITEMS</b>	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 (Meindl)*		
	Telescopic tracking poles (Leki)* are recommended		
<b>ESSENTIAL ITEMS TO PACK</b>	Backpack (Deuter)*, with rain cover	1550	
	Extra short sleeve shirt (Icebreaker Merinowolle)*	160	
	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	
	Sun screen with a UPF of 30 and lip balm	70	
	Cap or Buff	40	
	Sun glasses	30	
	1 Litre of hydration in bottle or bladder	1180	
	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	
<b>Approx. weight „essential items“</b>	<b>5190</b>		

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		Weight approx. (in grams)	Weight of your item	✓
<b>RECOMMENDED</b>	Small knife (Victorinox)*	60		
	Lightweight pants	210		
	Nuts / dried fruits / energy bars (Seeberger)*	210		
	Transparent plastic bag for garbage	20		
	Camera	250		
	Trekking umbrella (Göbel)*	210		
	<b>Approx. weight „recommended“</b>	<b>960</b>		
<b>Overall approx. weight on guided tours</b>		<b>6120</b>		

<b>WITHOUT MOUNTAIN GUIDE</b>	Maps	80		
	Guide book, detailed tour information	210		
	Compass	80		
	GPS (Garmin)*	220		
	Bivvy bag (Ortovox)*	280		
	Spare batteries (headlamp, camera, GPS etc.)	90		
	<b>Weight approx. „without mountain guide“</b>	<b>960</b>		
<b>Overall approx. weight on non guided tours</b>		<b>7080</b>		