



## Equipment list winter hikes

### Clothes:

warm cap

warm gloves

possibly additional gloves

various layers:

- (functional)-shirt
- long sleeve
- fleece or down jacket

hardshell jacket (Goretex etc.)

touring or warm hiking pants

hardshell jacket (Goretex etc.)

hiking socks

possibly additional socks

hiking or trekking shoes (ankle high, water resistant)

possibly gaiters

backpack (25-30 L)

possibly telescope poles

possibly light crampons (Grödel)

### Food & Others:

drinking bottle

thermos

food (bread, fruit, cereal bar)

cap

sun glasses

possibly ski goggles

suncream

lip protection

cash and bank card (for cable-car, hut or shelter)

health insurance card

cell phone