

PACKING LIST FOR ALPINE TOURS

SHOES & FOOTWEAR

- ☐ Mountaineering boots compatible with crampons (e.g. LOWA [CEVEDALE PRO GTX MID](#))
- ☐ Gaiters
- ☐ Crampons
- ☐ Approach or trail running shoes
- ☐ 1-2 pairs of thick wool socks
- ☐ 1-2 pairs of hiking socks

CLOTHING

- ☐ Waterproof hardshell jacket
- ☐ Down jacket / high-altitude jacket
- ☐ Fleece, softshell or midlayer jacket
- ☐ Long-sleeve shirt
- ☐ Softshell pants
- ☐ Waterproof hardshell pants
- ☐ Quick-drying base layer bottoms
- ☐ Underwear
- ☐ Head protection or cap
- ☐ Buff or scarf
- ☐ Beanie (should fit under helmet)
- ☐ Softshell gloves
- ☐ Insulated gloves

EQUIPMENT

- ☐ 55+ liter mountaineering backpack + rain cover
- ☐ Ice axe
- ☐ Mountaineering harness
- ☐ Climbing helmet
- ☐ 2 locking carabiners
- ☐ Rope
- ☐ Belay device
- ☐ Accessory cords & slings
- ☐ Quickdraws (depending on the tour)
- ☐ Trekking or hiking poles
- ☐ Sleeping bag (-5°C / 5F)
- ☐ Ascenders
- ☐ Inflatable sleeping pad

- ☐ Foam sleeping pad
- ☐ Glacier glasses
- ☐ Ski goggles
- ☐ First aid kit
- ☐ Sunscreen, sun protection, lip balm with UV protection
- ☐ Trash bag
- ☐ Travel mug, bowl, spoon
- ☐ Toiletries & hygiene kit
- ☐ WAG bag
- ☐ Bivouac sack, emergency blanket
- ☐ Whistle

TECH & NAVIGATION

- ☐ Topographic map, mountaineering guide
- ☐ Compass
- ☐ Altimeter
- ☐ GPS watch / device
- ☐ Headlamp + charging cable / spare battery
- ☐ Phone, charging cable, power bank
- ☐ Camera, GoPro

FOOD & SNACKS

- ☐ Hiking snacks (e.g. 500g food or 6–7 different snacks per day: bars / gels / chocolate / dried fruit / nuts etc.)
- ☐ Hydration bladder (2–3 l), water bottle, thermos

TIPS & RECOMMENDATIONS

Tip #1: LESS IS MORE!

When heading into high alpine terrain, every gram counts. Choose gear and clothing that are lightweight, functional, and versatile. Less is more – focus on essentials that truly support your performance and safety.

Tip #2: LEAVE THE NON-ESSENTIALS BEHIND!

To stay agile and organized, bring a small duffel or storage bag for items you won't need during the actual tour. This way, your main backpack stays streamlined and ready for the climb.

Tip #3: RENT WHAT YOU DON'T OWN!

Specialized equipment like crampons or ice axes can often be rented from outdoor shops or alpine centers. It's a smart way to access high-quality gear without investing in everything upfront – especially for occasional use..

