

MAMMUT

**MOUNTAIN
DAYS**

**MANDATORY
PACKING
LISTS**

GENERAL PACKING LIST

Please bring the following equipment to the event:

- ID card or passport
- Sleeping bag
- Sleeping mat
- Warm and/or waterproof clothing: You'll be sleeping in nature and exploring the heart of the Alps, so be ready for all alpine weather conditions
- Water bottle
- Whatever you need to spend three days in the outdoors (e.g. towel for showering, toiletries, spare clothes etc.)
- Specific and detailed equipment for each activity can be found on the following pages.

INTRODUCTORY COURSE

An introductory mountaineering course on Testa Grigia

- Level: Beginner
- Location: Testa Grigia
- Start time: 07:10 am
- Duration (without transport): 4h

Mandatory equipment:

- Mountaineering boots (compatible with your crampons)
- Climbing harness
- Crampons (compatible with your mountaineering boots)
- Ice axe
- Backpack - approx. 30 liters
- Warm weatherproof clothing
- Gloves
- Hat
- Polarized sunglasses and SPF 50+ sunscreen
- High energy food
- Thermos or water bottle
- Hiking poles

BREITHORN SUMMIT

Take the classic route to the summit of the Breithorn

- Level: Intermediate
- Location: Breithorn
- Start time: 07:10 am
- Duration (without transport): 4-5h

Mandatory equipment:

- Mountaineering boots (compatible with your crampons)
- Climbing harness
- Crampons (compatible with your mountaineering boots)
- Ice axe (optional)
- Backpack - approx. 30 liters
- Warm weatherproof clothing
- Gloves
- Hat
- Polarized sunglasses and SPF 50+ sunscreen
- High energy food
- Thermos or water bottle
- Hiking poles

CREVASSE RESCUE COURSE

Learn and practice critical crevasse rescue skills

- Level: Advanced
- Location: Testa Grigia
- Start time: 07:10 am
- Duration (without transport): 4-5h

Mandatory equipment:

- Mountaineering boots (compatible with your crampons)
- Climbing harness
- Crampons (compatible with your mountaineering boots)
- Ice axe
- Backpack – approx. 30 liters
- Warm weatherproof clothing
- Gloves
- Hat
- Polarized sunglasses and SPF 50+ sunscreen
- High energy food
- Thermos or water bottle
- Hiking poles

TÄSCHALP TOUR

A relaxed return tour from Täsch to a traditional alpine hamlet

- Level: Beginner
- Location: Täschalp
- Start time: 09:00 am
- Duration (without transport): 4h

Mandatory equipment:

- Good walking shoes
- Small backpack – approx. 20 liters
- Comfortable hiking clothes - warm and/or waterproof depending on the weather
- Waterproof jacket
- Hat
- Sunglasses and sunscreen
- High energy food
- Water bottle
- Opt. Hiking poles

RANDA SUSPENSION BRIDGE

A spectacular tour to the longest suspension bridge in the Alps

- Level: Intermediate
- Location: Randa
- Start time: 09:00 am
- Duration (without transport): 5h

Mandatory equipment:

- Good walking shoes
- Small backpack – approx. 20 liters
- Comfortable hiking clothes - warm and/or waterproof depending on the weather
- Waterproof jacket
- Hat
- Sunglasses and sunscreen
- High energy food
- Water bottle
- Opt. Hiking poles

FLUH PASS TOUR

A challenging tour into the wilds of the Zermatt hinterlands

- Level: Advanced
- Location: Fluh Pass
- Start time: 07:00 am
- Duration (without transport): 7h

Mandatory equipment:

- Good walking shoes
- Small backpack – approx. 20 liters
- Comfortable hiking clothes - warm and/or waterproof depending on the weather
- Waterproof jacket
- Hat
- Sunglasses and sunscreen
- High energy food
- Water bottle
- Opt. Hiking poles

FIVE LAKES TOUR

A must-do Zermatt hike with classic trails and iconic scenery

- Level: Intermediate
- Location: Zermatt
- Start time: 08:30 am
- Duration (without transport): 4-5h

Mandatory equipment:

- Good walking shoes
- Small backpack – approx. 20 liters
- Comfortable hiking clothes - warm and/or waterproof depending on the weather
- Waterproof jacket
- Hat
- Sunglasses and sunscreen
- High energy food
- Water bottle
- Opt. Hiking poles

HÖRNLIHÜTTE TOUR

A challenging hike to the legendary alpine cabin
at the foot of the Matterhorn

- Level: Advanced
- Location: Hörnlihütte
- Start time: 07:10 am
- Duration (without transport): 5h

Mandatory equipment:

- Good walking shoes
- Small backpack – approx. 20 liters
- Comfortable hiking clothes - warm and/or waterproof depending on the weather
- Waterproof jacket
- Hat
- Sunglasses and sunscreen
- High energy food
- Water bottle
- Opt. Hiking poles

FLUHALP SESSION

Score some tips from the experts at this classic Zermatt crag, suitable for all levels

- Level: Beginner (3-6b)
- Location: Fluhalp
- Start time: 08:00 am
- Duration (without transport): 4-5h

Mandatory equipment:

- Climbing shoes
- Climbing harness
- Belay device
- Carabiner lock / screwgate
- Sling (optional)
- Quickdraws (optional)
- Helmet
- Warm layer and waterproof jacket (depending on weather)
- Water bottle
- Backpack

ESCHELBALMEN SESSION

Join guides and pro athletes at this challenging crag
for experienced climbers

- Level: Advanced (6a-8a)
- Location: Eschelbalmen
- Start time: 09:00 am
- Duration (without transport): 4-5h

Mandatory equipment:

- Climbing shoes
- Climbing harness
- Belay device
- Carabiner lock / screwgate
- Sling (optional)
- Quickdraws (optional)
- Helmet
- Warm layer and waterproof jacket (depending on weather)
- Water bottle
- Backpack

TRAIL RUNNING BEGINNER WORKSHOP

Get a taste for the world of trail running on some of
Switzerland's finest trails

- Level: Beginner
- Location: Täsch
- Start time: 09:00 am
- Duration (without transport): 3-4h

Mandatory equipment:

- Trail running shoes
- Breathable running clothes
- Packable cold weather/rainproof clothing
- Running or compression socks
- Gloves
- Backpack
- Hydration system or water bottle

TRAIL RUNNING

INTERMEDIATE WORKSHOP

A challenging course designed to test the limits of experienced runners

- Level: Intermediate
- Location: Täsch
- Start time: 09:00 am
- Duration (without transport): 3-4h

Mandatory equipment:

- Trail running shoes
- Breathable running clothes
- Packable cold weather/rainproof clothing
- Running or compression socks
- Gloves
- Backpack
- Hydration system or water bottle

TRAIL RUNNING

ADVANCED WORKSHOP

A demanding course to put competitive runners through their paces

- Level: Advanced
- Location: Täsch
- Start time: 09:00 am
- Duration (without transport): 5h

Mandatory equipment:

- Trail running shoes
- Breathable running clothes
- Packable cold weather/rainproof clothing
- Running or compression socks
- Gloves
- Backpack
- Hydration system or water bottle

VIA FERRATA BEGINNER TOUR

A beginner-friendly route just a short walk from the village of Zermatt

- Level: Beginner
- Location: Zermatt
- Start time: 09:00 am
- Duration (without transport): 3h

Mandatory equipment:

- Suitable footwear – climbing, mountaineering, approach, or other
- Climbing harness
- Helmet
- Via ferrata set
- Gloves
- Comfortable clothing - warm or waterproof depending on the weather

VIA FERRATA

ADVANCED TOUR

A long and demanding route above the village of Zermatt

- Level: Advanced
- Location: Zermatt
- Start time: 08:30 am
- Duration (without transport): 4-5h

Mandatory equipment:

- Suitable footwear – climbing, mountaineering, approach, or other
- Climbing harness
- Helmet
- Via ferrata set
- Gloves
- Comfortable clothing - warm or waterproof depending on the weather

GORGE ADVENTURE

A thrilling mixed rope route unique to Zermatt

- Level: Intermediate
- Location: Zermatt
- Start time: 08:30 am
- Duration (without transport): 4h

Mandatory equipment:

- Suitable footwear – climbing, mountaineering, approach, or other
- Climbing harness
- Helmet
- Via ferrata set
- Gloves
- Comfortable clothing - warm or waterproof depending on the weather