



EQUIPEMENT

- 1 Poles
- 4 Climbing skins
- 6 Flask
- 7 Sunglasses
- 8 First aid kit
- 9 Ski touring boots
- 10 Helmet

- 11 Backpack
- 12 Lightweight ski clothing and gloves
- 13 Suncream
- 15 Touring skis

SAFETY EQUIPEMENT

- 2 Shovel
- 3 Probe
- 5 Avalanche transceiver (beacon)
- 14 Topographic map
- Mountain guide
- Weather forecast and avalanche bulletin
- Rescue app