

PACKLIST

DAY TOUR VIA FERRATA

WHAT TO WEAR

✓	Gear	Weight (Average)
	Functional pants	x
	Functional shirt	x
	Functional jacket or vest	x
	Hiking boots with good ankle support and grip	x

ESSENTIAL

	Backpack	1320 g
	Climbing harness	230 g
	Via Ferrata set	520 g
	Via Ferrata gloves	120 g
	Locking karabiner	95 g
	Climbing helmet	320 g
	Extra short-sleeve	150 g
	Water- and windproof jacket	900 g
	Water- and windproof pants	300 g
	Hat and/or headband	60g
	Sunscreen, lip balm (UPF 30)	60 g
	First Aid Kit M	280 g
	Blister pads	20 g
	Headache pills	20 g
	Drinking bottle or bladder with at least 1l capacity (depending on tour)	1190 g
	Electrolyte and magnesium tabs	10 g
	Muesli, dried fruit, nuts, bars as required	150 g
	ID, cash, credit card, plastic bag	40 g
	Headlamp	80g
	Mobile phone with emergency numbers	130g

RECOMMENDED

	Approximate weight "Essential" (incl. backpack)	6 kg
	Sunglasses	30 g
	Functional shorts	220 g
	Runner	40 g
	Climbing shoes (depending on route)	530 g
	Multi-tool	150 g
	Approximate weight "Recommended"	970 g

Dear Outdoor Enthusiasts,

As a general rule for any trip remember to pack as light as possible – pack just what you need and leave the rest behind.

Experience is everything. To help you eliminate unnecessary weight and size, we have joined with professional mountain guides (German Mountain Guide Association) to produce this checklist. Please note that all weight specifications are approximate values. Often, the better the quality of the equipment the lighter it is.

Have a great adventure.

IMPORTANT:
Keep heavy things close to the body!



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	✓ Gear	Weight (Average)
<i>WITHOUT MOUNTAIN GUIDE</i>	Route description (print-out / guide book)	80 g
	Compass	80 g
	GPS device	220 g
	Short safety rope	1000 g
	Bivouac sack	280 g
	Approximate weight "without mountain guide"	1,66 kg
	Approximate (Overall Weight)	8,625 kg
<i>EXPERTENTIPP</i>	Compact, folding poles	x
<i>OPTIONAL</i>	Food (in case there is no hut offering meals)	x
	Pullover / fleece	x
	Camera and camera bag	x

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