



ALPINSCHULE
SEXTEN-DREI ZINNEN
SCUOLA DI ALPINISMO
SESTO-TRE CIME DI LAVAREDO

Equipment list for snowshoe hiking:

The Alpine School provides snowshoes, sticks and avalanche transceiver.

The participants also need:

- High alpine boots & gaiters (opt.). Water resistant trekking shoes are not suited.
- Warm hiking socks or ski socks
- Warm hiking cloth or thin ski cloth (Thick ski suits are not suited. They are too warm while hiking, even when it's really cold.)
- Shirt to switch
- Warm jacket (für breaks, descent and wind)
- Gloves (thin gloves for ascent or thick gloves for descent)
- Hat
- Scarf (e.g. Buff-Loop)
- Sunglasses
- Sunscreen
- Backpack
- Beverage (with cold temperatures a thermos jug; for long tours at least 1l pp)
- Provisions (even on short tours you should bring something to eat. Ideal are snacks like cereal bars, sandwiches, chocolate etc.)
- Camera
- Money (for stops in the huts)

Attention: Poor equipment, especially in high winter, is a big safety risk, but it's also important not to carry unnecessary weight.

We undertake the hikes on all weather conditions. When safety concerns are high because of bad weather or danger of avalanches the itinerary and the program can be changed.