

Equipment list – Inntal High Trail

Good and complete hiking equipment is the be-all and end-all.

An important aspect of preparing for the "Inntal High Trail " is putting together the necessary equipment. It is important to take all the necessary items with you without overloading your rucksack in order to avoid excessive strain (joints, etc.).

If you have any questions or uncertainties regarding the list or individual items of equipment, please contact the experts!

Technical equipment

- ☐ Backpack (approx. 30-35 liters) including rain cover
- ☐ Sturdy hiking poles (adjustable length)
- ☐ Hiking/trekking boots (min. cat. B) *
- ☐ Snowspikes (early summer/autumn) & gaiters

Emergency equipment

- ☐ Bivouac sack (for 2 people)
- ☐ Small first aid package - Incl. Israeli bandage, tape and aluminum rescue blanket
- ☐ Headlamp (with spare batteries)
- ☐ Personal backpack pharmacy
- ☐ Pocket knife/ multifunction tool
- ☐ Smartphone with full battery and possibly battery pack (save emergency numbers)
- ☐ Blister plasters, tape

Orientation

- ☐ Alpine Club, compass or BEV map of the area
 - Alpine Club Map No. 33: Tux Alps, 1:50000
- ☐ Area guide or alpenvereinaktiv.com tour descriptions
- ☐ Smartphone with installed alpenvereinaktiv.com APP
- ☐ Optional: GPS handheld device

Catering

- ☐ Drinking bottle or drinking system (at least 1.5 liters)
- ☐ Lunch box for snacks on the go
- ☐ Additional tour refreshments as required (bars, nuts)
- ☐ Small plastic bag for waste

Clothing

- ☐ Functional underwear (synthetic or wool)
- ☐ Spare laundry
- ☐ Socks/ spare socks
- ☐ Long-sleeved insulation layer (fleece, Primaloft, down, merino)
- ☐ Hiking / mountain pants
- ☐ Rainwear
- ☐ Anorak and overtrousers (waterproof/windproof)
- ☐ Cap
- ☐ Thin gloves

Overnight stay

- ☐ Toiletry bag with toiletries
- ☐ Towel (small)
- ☐ Hut sleeping bag
- ☐ Hut shoes
- ☐ Bag for dirty laundry
- ☐ Earplugs
- ☐ Alpine Club card (reduced hut rates for AV members)
- ☐ Cash

Sun protection

- ☐ Sunglasses (high-quality glass)
- ☐ Sun hat/ Buff/ Shield cap
- ☐ Sunscreen (at least factor 30)
- ☐ Lip protection

Documents and miscellaneous

- ☐ Identity card/insurance card
- ☐ EC card, credit card, cash
- ☐ Spare rechargeable batteries/batteries/charger
- ☐ Sturdy small outdoor umbrella
- ☐ Seat cushion
- ☐ Camera
- ☐ Event. Binoculars

* Choosing the right shoes is crucial for a successful and safe mountain tour. Mountain boots designed for demanding terrain provide the necessary support and protection. **Sports shoes** are **not suitable** for this type of activity!

Additional

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