



Oetztal Alps High Alpine Hut Trekking-Gear List

Considerations

Packing for a trekking trip is a balancing act. You want your pack to be as light as possible so you can truly enjoy the trek. But you also need to have enough gear to be warm (or cool), comfortable, and well-fed and watered. When buying, renting, or borrowing gear for the trip, please keep weight, performance, and function in mind.

Technical Gear

This section is divided into 3 portions: Gear provided by OnTop on request, gear provided by your guide and gear you need to provide yourself.

Bring the Following:

- ☐ Light mountaineering boots or sturdy, waterproof hiking boots that cover your ankles (make sure they are comfortable and don't give you blisters!)
- ☐ Backpack (35-45 liters) with rain cover fitted to the pack
- ☐ Gaiters that fit over your boot (unless pants seal tightly to your boots)
- ☐ Collapsible hiking poles with snow baskets

Provided by OnTop Mountaineering, Upon Request:

Should you require the use of this gear, please inform your Trip Coordinator. This rental is included as part of your trip package.

- ☐ Ice axe for glacier travel (50-75 cm long)
- ☐ Crampons with anti-snowballing plates (usually integrated into modern crampons) that are suitable for your boots. Note: rigid crampons will not work on hiking boots
- ☐ Harness for glacier travel
- ☐ One triple-action locking carabiner or two conventional locking carabiners

If you require specialty sizing please let us know with your request.

Your Mountain Guide Will Bring the Following:

- ✓ Ropes for glacier travel
- ✓ Crevasse rescue equipment (Prusik cords, webbing, pulleys, auto-locking device)
- ✓ General repair kit and Leatherman

Legend:

*Optional

**Optional but recommended

Clothing

Temperatures can range from lows of -10°C (14°F) overnight to +20°C (70°F) during the day. Having several clothing layering options is important. Bring light, technical clothing that doesn't take much space in your backpack and dries quickly when sweaty or wet.

- ☐ Wind and waterproof shell jacket with hood (Gore-Tex or similar)
- ☐ Lightweight down jacket or vest
- ☐ Wind and waterproof over-pants with side zippers (Gore-Tex or similar)
- ☐ Mountaineering pants (eg. lightly lined Schoeller fabric or similar)
- ☐ Medium weight Primaloft jacket with hood
- ☐ Medium weight fleece sweater
- ☐ Thin synthetic or wool underwear, top and bottoms
- ☐ Synthetic or wool t-shirt
- ☐ Quick-drying sports bra
- ☐ Spare underwear and socks
- ☐ Two pairs of gloves (one pair lightweight and one pair waterproof and heavier weight)
- ☐ 2-3 pairs good quality trekking socks
- ☐ Wool or fleece hat that covers your ears
- ☐ Sun hat, preferably with a wide rim
- ☐ Bandana or Buff*

Lodging

- ☐ Sleeping bag liner for the huts – silk is lightest (**MANDATORY for HUT LODGING**)
- ☐ Toiletries and small, quick-drying towel (keep to a bare minimum – the huts have minimal washing facilities)
- ☐ Cash – euros for lunches, drinks, snacks, showers, etc)
- ☐ Ear plugs**
- ☐ Light hut slippers or crocs*
- ☐ Alpine Club Card*

Other items

- ☐ Sunglasses with high UV protection
- ☐ Sunscreen and lip protection with high SPF
- ☐ One or two, one-liter water bottles
- ☐ Headlamp with new battery
- ☐ Your favourite hiking snacks - candy bars, dried fruit, nuts, etc. Lunches and snacks can be purchased at the huts or in the villages.
- ☐ Personal first aid kit and other needs (eg. blister kit, prescription medicine, anti-inflammatory, contact lenses, prescription glasses, etc.)
- ☐ Passport, health and travel insurance documents

- ☐ Toilet paper – small amount for daytime emergencies
- ☐ Light stuff sacs/ Ziploc bags to keep your daypack organized and important items dry**
- ☐ Smartphone with charging cable**
- ☐ Portable power bank*
- ☐ Pocket knife*
- ☐ Water purification tablets or small personal water filtration system*
- ☐ Hand sanitizer or sanitary hand wipes*
- ☐ Small container bug spray or cream*
- ☐ Camera and charger*
- ☐ Compass, maps, GPS, altimeter watch*
- ☐ Feminine hygiene supplies*
- ☐ Adaptor for European charging system*