



Basic equipment

for snowshoe tours

Technical equipment

- One-day backpack, 20-30 litres capacity
- Snowshoes, poles with large snow discs
- Winter hiking boots or waterproof climbing boots
- Avalanche transceiver, shovel, probe (emergency kit)
- Repair kit (snowshoes can break too!)
- Maps, snowshoe tour guide, altimeter, compass, GPS if required
- Replacement batteries for avalanche transceiver and GPS
- Smartphone with preinstalled map and REGA air rescue apps, extra power bank
- Headlamp with replacement batteries

General equipment

- Wind- and weather-proof jacket (Gore-Tex!)
- Down jacket if required
- Tech touring trousers
- Hiking gaiters
- Fleece sweater, soft shell jacket
- Socks, thermal underwear including a spare set
- Fleece layer or sweater
- 2 pairs of gloves (light and warm)
- Warm cap and / or headband
- Ski goggles if required
- Sun protection (sunglasses, sun cream, peaked cap, lip protection)
- First aid kit, space blanket, personal medication
- Lunch, drinks, pocket knife
- Cash, SAC membership cards (if available)

In a nutshell -> Appropriate equipment and preparation

- Assessing the avalanche situation/risk should not be underestimated and requires experience.
- Sudden weather deteriorations on mountain hikes should not be underestimated and require experience.
- Always keep medications and emergency equipment up to date; they are important rescue basics.
- Elementary knowledge of search and rescue, weather and navigation is essential.

You can purchase snowshoe touring equipment at one of the 54 SportX branches throughout Switzerland or [online](#).