



four elements
challenge, explore, discover

Winter Walking CHECKLIST



Snow Travel

- Snow shoes
- Crampons
- Spikes (lighter weight alternative to crampons- good grip on compacted snow and ice)
- Trekking poles with snow baskets
- Backpack or day pack
- Ice axe



Clothing

- Thermal underwear - long-sleeved* top and long-johns
- Fleece jacket
- Insulated or down jacket
- Insulated pants
- Hardshell jacket & pants (if insulated pants not water & windproof)
- Gloves or mittens - 1 x lightweight, 1 x thick
- Hat / headband/ buff
- Socks- wool or synthetic
- Spare clothing*



Safety

- Map & compass
- Avalanche gear (transceiver, probe & shovel)
- GPS
- Phone (on flight mode)
- Head torch (check batteries)
- First aid kit & blister plasters
- Bivvay big/ emergency shelter

Personal well-being

- Sunscreen & lip protection SPF 50+
- Sunglasses & ski goggles
- Snacks, food, hot tea
- Toilet paper & small rubbish bag

Extra

- Pocket knife or multi-tool
- Duct tape (can be wound around a bottle or pole)



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Before you go!

Conditions

- Check the weather forecast
- Read the local avalanche report
- Consult the Snowcard (DAV)
- Plan your route with crux points to allow for changes

Impact

- Stay on designated routes and tracks
- Choose routes that avoid protected areas
- Avoid ridges and peaks before 10am & after 4pm

You & others

- Keep group small
- Buddy check- gear, expectations, experience
- Discuss plan A, B & C
- Let someone know where you are going



Want to learn more about
adventuring in winter?

Join one of our tours!



Useful links



Mountain
weather report



Avalanche report
Bavaria



Snowshoeing for
beginners

Day hikes • Snowshoe tours • Multi-day treks • Transalpine trekking
Germany • Austria • Italy



www.4elements.eu