



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 bag / 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



Explore with us this winter!

Join one of our tours or book
a private tour!



Useful links



Mountain
weather report



Avalanche report
Bavaria



Snowshoeing for
beginners

Day hikes • Snowshoe tours • Multi-day treks • Transalp trekking
Germany • Austria • Italy • Switzerland • Portugal



www.4elements.eu