



# Basic equipment

## for mountain and alpine hiking

### Technical equipment

- Tour-appropriate backpack (one day/multi-day tour 20-40 litres)
- Sturdy hiking boots with good quality, treaded soles
- Telescopic poles / hiking poles
- Swisstopo maps, hiking maps
- Smartphone with pre-installed map and REGA air rescue apps, extra power bank
- Headlamp with replacement batteries
- \*Compass or GPS with tracker
- \*Binoculars
- \*Lightweight ice axe (for granular spring snow)

### General equipment

- Wind- and weather-proof jacket (Gore-Tex!)
- Suitable hiking trousers, shorts
- Fleece layer or sweater
- Sun protection (sunglasses, sun cream, peaked cap, lip protection)
- Change of light underwear if required
- Hut sleeping bag (for overnight hut stay)
- First aid kit, space blanket
- Lunch, drinks, pocket knife
- Cash, SAC membership cards (if available)
- \*Warm cap and / or headband, gloves
- \*Umbrella, rain cover for backpack

### Good to know

- Weather conditions can deteriorate suddenly in the mountains; this should not be underestimated and requires experience!
- Make sure your hiking boots still have good treads.
- A well-stocked first aid kit is useful for treating more challenging injuries.

\* optional; dependent on the season, weather and the hike's degree of difficulty.

**You can purchase mountain and alpine hiking equipment at one of the 54 SportX branches throughout Switzerland or [online](#).**