

### ***Recommended Alpine Survival Equipment***

- Emergency Radio (distress frequency 121,5 MHz)
- Personal Locator Beacon (PLB) or Emergency Locator Beacon (ELT)  
406 MHz recommended      contact: [www.kk2.de](http://www.kk2.de)
- Satphone or Spot Messenger      contact: [www.brandspot.at](http://www.brandspot.at)
- Backpack
- Snowshoes with sticks (two pairs recommended)
- Ax
- Flashlight with spare batteries
- External USB-Powerpack for Smartphones      contact: [www.mophie.com](http://www.mophie.com)
- Binoculars
- Alarm whistle
- Rescue blanket (aluminium)
- Avalanche shovel - „Glock“ entrenching tool
- Distress signal rocket or flare
- Dye marker
- Rescue laser flare      contact: [www.greatlandlaser.com](http://www.greatlandlaser.com)
- Suitable low temperature clothes (leggings, socks, fingerless gloves, etc.)
- Sleeping bag
- Cooking System (alcohol or fuel powered) including cooking pot and cutlery  
contact: [www.trangia.se](http://www.trangia.se)
- Storm proof matches or lighter
- Instant meals for 2-3 days      contact: [www.travellunch.de](http://www.travellunch.de)
- Tea bags
- Thermos jug