

### Backpack

### Footwear

- gojzerice or military boots, possibly trekerice
- sneakers to camp / reservation

### Staying on the ground

- flasks or bottles of 1.5 l
- whistle
- Protective Cream SPF 15 or higher and anointed the lips or grape grease and zinc
- GPS
- Camera, film, lenses and filters
- Cell phone or Motorola

### 10 mandatory items of which do not separate

- matches in a waterproof box and / or a lighter
- map
- compass
- energy snacks
- sunglasses with UV protection (with cord)

### The obligatory "little things"

- money
- document (identity card or passport, health, hiking and other book club, driving documents, travel documents, etc.)
- hour
- waterproof bags - for keeping all that must remain dry

### First aid

### For continuous wear

- curves of different width - 3
- elastic bandage
- sticking plaster
- Set hanzaplast
- sterile gauze - 3
- antiseptic (povidone iodine)
- painkillers in the motor system (ibuprofen, diclophen)

### Clothing (izbijegavati cotton)

### Food (Packed Lunches-AT MAPLE in a special packaging)

### Winter climbing / glacier

- extra eyeglasses, the best ski
- ice ax
- bajlo
- Alpine helmet
- undermines
- alpine belt
- avalanche probe / alarm-locators
- shovel snow
- Snow sticks (can ski poles)
- gojzerice snow
- Crampons
- extra warm clothes, preferably fleece
- gloves (regular, navlačne ...)
- maza for tanking gojzerice (if leather)
- Eight, 5 sets, 3 dry, 4 ledna wedge, 2 snow wedge,
- Prusika 2 of 5 - 6 meters
- Alpine rope 9 mm (1 to 2)

- snowshoes or skis
- deadman, and glacial wedges wedges
- sleeping bag must be winter (for temperatures from -20 C)