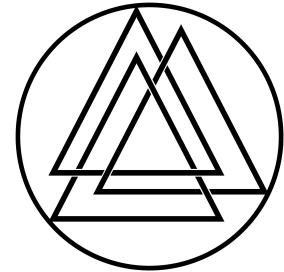


## 2 Days Advanced Camp Lungau



Thank you for booking the 2 days advanced camp in Lungau. In this document you find everything necessary for and about this camp. If you still have questions please do not hesitate to get in contact with us.

### Where?

St. Michael im Lungau, 5582

### When?

06.-07. January, at 8 am exact Location will be announced a few days before, depending on weather and conditions.

### What to bring?

- Splitboard\*\* ([www.salomon.com](http://www.salomon.com) , [www.sparkrandd.com](http://www.sparkrandd.com))
- Crampons\*\* ([www.sparkrandd.com](http://www.sparkrandd.com))
- Skins\*\*
- Touring Poles\*\*
- Safety equipment\*\* (Avalanche Beacon, probe, shovel) ([www.mammut.ch](http://www.mammut.ch))
- Thermos flask\*\*
- Freeride Backpack appr. 30L\*\*

\*\*can be provided by splitboard-camps

- Thin gloves for ascend
- Thick gloves for descend
- Little snack for the hike up
- Changing cloth for the peak
- Sun creme
- Sunglasses
- Goggles
- Helmet
- Bandana or Beanie
- Snowboard trousers & - jacket, Midlayer (OpenWear)
- Thermal underwear, for example merino wool ([Pally'Hi](#))
- Snowboard Boots
- First aid
- Mobile Phone

Tel.: +43 664 2059785 (Gerwin)

E-Mail: [info@splitboard-camps.at](mailto:info@splitboard-camps.at)

web.: [www.splitboard-camps.at](http://www.splitboard-camps.at)