

Snowshoe tour

Basic equipment:

- Snowshoes [can be rented](#)
- Sturdy, high winter boots (moon boots are unsuitable)
- Touring poles [can be rented](#)
- Avalanche transceiver (avalanche search device) [can be rented](#)
- Rescue probe [can be rented](#)
- Rescue shovel [can be rented](#)
- Backpack at least 20 l for the avalanche set
- Winter clothing (layering principle: underwear / sweater / jacket)
- Wind and rain protection
- Cap/hat and gloves (1 pair thin, rubberized; 1 pair thick), scarf
- Sun protection (sunglasses, sunscreen, lip balm)
- Thermos bottle / snacks / food
- Personal medication, glucose tablets, tissues, toilet paper and lighter* or Robidog bags

Other:

- Camera / binoculars / notepad / maps
- Sweat towel

***Shitty moments**

When we do our business outdoors, we light the toilet paper (do not use paper tissues) after use (be aware of the fire hazard) so that it decomposes more quickly and remains less visible.

Toilet paper takes months to decompose completely, and paper tissues in high mountains can take up to 5 years. They remain clearly visible in the landscape for that long!

It would be even better to take the whole thing, including the paper, home in a Robidog bag and dispose of it in the trash.

Rental equipment[In sports stores:](#)

Chur	Exodus – Go Vertical , Obere Gasse 48 Tel. +41 81 252 47 94; chur@govertical.ch
Flims	Sport Beat, Flims Dorf, Via Nova 49; Tel. +41 81 911 33 21
Laax	Meini Sport , Talstation Laax, Via Murschetg 41 – Rocksresort; Tel. +41 81 936 62 00
Ilanz	Menzli Sport, Ilanz , Glennerstr. 23; Tel. + 4181 920 08 80
Vals	Menzli Sport, Vals , Valé 199A; Tel. +41 81 935 14 66