

# List of equipment

## Freeride



You must ALWAYS have the following with you as soon as you leave the slopes!



- Friends - because without rescuers, no help
- Avalanche transceiver (known to you and in working order)
- Shovel
- Probe
- First aid kit (rescue blanket, bandages) & bivouac bag
- Smartphone with the emergency number and a maps app for orientation
- Helmet (possibly additional protectors)
- Repair tools (multitool, cord)
- Airbag backpack (recommended!)

# Checklist

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Checks you need to do before and after the winter season (WS):

- Maintenance of avalanche transceiver:  
after WS: remove batteries  
before WS: new high-quality batteries, make updates and check function (yourself via app or in a specialist store), check carrying system for cracks or similar; remember/test the handling
- Probe maintenance:  
before WS: check function (assemble/disassemble), readjust tensioner if necessary; stow in the emergency pocket of the backpack
- Maintenance shovel:  
before WS: check function (assemble/disassemble), maintain (e.g. grease) if necessary; stow in emergency pocket of the backpack
- Airbag maintenance:  
before WS: Go through the operating instructions (read online what needs to be done with your backpack!): Weigh cartridge, charge battery, do a test activation
- Binding check:  
before WS: contact pressure, Z-value setting  
after WS: release springs from PIN binding, i.e. close (do not lock) front jaws and put rear jaws in downhill mode
- Ski boot sole check:  
A boot with an worn-out sole no longer holds properly in the binding and the release does not work as intended.
- Fill up the first aid kit