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## Avalanche course

### Required Equipment List:

\* if you do not have any of these elements, you can rent them free of charge after prior notification of the need

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|---|--|
| - avalanche detector *;   | (several pairs, including waterproof ones and those that do not need to be removed during equipment operations) and socks; |
| - avalanche probe *;  | - thermos  |
| - avalanche shovel *;   | - headlamp;  |
| - tourist backpack with the possibility of storing equipment;   | - sunglasses and UV cream or goggles and face mask / buff (depending on weather forecast);                                 |
| - trekking or skitour poles;  | - basic first aid kit;   |
| - warm clothing and mountain footwear (protecting against freezing during long standing): among others down jacket, waterproof warm boots, gaiters, warm gloves | - thermal foil;  |
|   | - recommended: a set of touring equipment (touring skis + skins + poles) or snowshoes                                      |

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Are you planning to buy equipment for an expedition or training with BluEmu? Ask for discounts from our partners:



<http://eksplo.com.pl/>

<https://www.explosklep.pl/>

<http://sklep.paker.pl/>

<http://marabut.pl/>