

## CHECKLIST

### My first four-thousander Allalinhorn (4027 m.a.s.l.)

- I feel healthy and fit
  
- Mountain guide contacted  
Mobile: +41 27 957 44 64  
E-Mail: [info@saasfeeguides.ch](mailto:info@saasfeeguides.ch)
  
- Appointment with mountain guide arranged  
(You will receive some instructions from him about the tour)
  
- Voucher MetroAlpin exchanged for mountain cable car ticket  
(by 8.00 am on the day of the mountain tour)
  
- Food and beverage are packed
  
- Equipment organised and ready  
(Do not forget your sunglasses 😊)

*Saas-Fee*  
Saastal