

## **Ski Touring Equipment List**

Waterproof, breathable jacket  
Waterproof trousers ski pants  
Warm Gloves and thinner fleece gloves  
Thermal Tops and mid-layer pull over  
Soft shell jacket  
Light weight down jacket  
Mountain trousers  
Warm hat  
Ski socks (calf length) and spares  
Buff, neck sock  
Map – (optional) White Risk or Swiss Mobility phone app  
Compass and whistle (optional)  
Altimeter (watch) and GPS (optional)  
Head torch (small LED type)  
Rucksack 40 litres ideally a ski touring rucksack with external pocket for shovel/probe  
Small personal first aid kit (tape for blisters and pain killers such as aspirin or ibuprofen)  
Water Bottle or Thermos flask (1 to 1.5 litres recommended)  
Sunglasses (Cat 3 or 4 rating) with retaining strap  
Goggles (lenses for flat light, poor weather)  
Sun cream and lip block  
Sun Hat  
Ski scraper and wax for skis and skin  
Ski straps for fastening the poles to the skis during transport.

## **Extra Equipment for the Hut**

Small wash kit. Toothbrush/toothpaste  
T shirt for evening hut wear  
Money, Passport, Alpine Club/BMC membership if you are a member  
Sheet sleeping bag (silk)- obligatory in most huts  
Ear plugs - optional  
Camera  
Phone and charger (3 pin Swiss standard)

## **Snow Analysis Equipment** (one set between 2 which I can provide):

2m foldable ruler plastic  
Thermometer (cooking thermometers are the best most easily available)  
Field book (for recording the snow profile)  
Crystal screen  
Loop (magnifying glass)  
Pencil 2H or HB

30cms Ruler, pencil, and erasure for plotting the snow profile.

### **Technical Equipment**

- \*Avalanche Transceiver and spare batteries. Mammut (Barryvox S or Pulse recommended),
- \*Snow shovel (metal blade)
- \*Avalanche probe
- Light helmet (recommended)

\*Can be rented from me, please contact me to reserve. (CHF20 for the 3 days).

I will supply ropes, group shelter, emergency radio, repair and first aid kit. I will have the maps and navigation tools.

### **SKI EQUIPMENT**

Skis with ski touring bindings. Ski brakes are strongly recommended. Ski touring boots  
Ski Poles - fixed length are better than the telescopic as they are stronger. Big snow baskets essential.

Ski Crampons (also called harscheisen or couteau) are an essential touring accessory

Skins - If these are cut to fit the ski then that is an advantage. It is important to only have the ski edges showing at the ski waist when the skins are fitted)

### **General Travel Equipment**

Approach shoes - travelling and evening wear (need to withstand snowy pavements)

Spare clothes for wearing in the valley (during away courses we usually have one valley night in which to freshen up).

Duffel Bag (or suitcase) to leave luggage in when we are on the mountain

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