

Ski Touring Equipment Introduction to Ski Touring Course.

Equipment List

Waterproof, breathable jacket
Waterproof trousers ski pants
Warm Gloves and lighter gloves
Thermal Top and spare
Mid-layer top
Soft shell jacket
Medium weight down jacket
Mountain trousers or long johns
Warm hat
Ski socks (calf length) and spares
Buff, neck sock
Map and compass – (optional)
Altimeter (watch) and GPS (optional)
Head torch (small LED type)
Rucksack 40 litres
Small personal first aid kit (tape for blisters and pain killers such as aspirin or ibuprofen)
Water Bottle (1 to 1.5 litres recommended)
Sunglasses (Cat 4 rating is preferable) with retaining strap (e.g. Chums)
Goggles (lenses for flat light, poor weather)
Sun cream (factor 25+, total block) and lip block
Sun Hat
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 the huts
Ear plugs - optional
Camera, mobile phone and charger

Approach shoes - travelling and evening wear (These can be left in hotel)

Technical Equipment

*Ice axe
*Crampons
*Harness
*Screwgate karabiner x3 and a long sling
*Prussiks
*Avalanche Transceiver and spare batteries. Mammut (Barryvox S or Pulse recommended),
*Snow shovel
*Avalanche probe
Helmet (optional)

*Can be rented, but please contact me prior to reserve.

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 equipment.

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)

Ski scraper and wax for skins!

Ski touring equipment can be rented in Leysin at Hefti Sports www.heftisports.ch

Terry Ralphs

Email: terry@ski-offpiste.com

Mobile: +41796995199