

Ski Touring Equipment List for the Saas 4000m Ski Traverse

Waterproof, breathable jacket
Waterproof trousers ski pants
Warm ski gloves and lighter fleece gloves. Mittens are also a good reserve.
Thermal Tops and spares
Mid-layer
Soft shell jacket
Down jacket
Mountain ski trousers
Warm hat
Ski socks (calf length) and spares
Buff, neck sock
Map – (optional)
Compass and whistle (optional)
Altimeter (watch) and GPS (optional)
Head torch (small LED type)
Rucksack 40 litres, ideally a ski touring rucksack
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
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 most huts
Ear plugs - optional
Camera
Approach shoes - travelling and evening wear
Spare clothes for wearing in the valley
Phone and charger

Technical Equipment

*Boot Crampons
*Harness
*Screwgate karabiner and a long sling
*Avalanche Transceiver and spare batteries. Mammut (Barryvox S, S2, or Pulse recommended),
*Snow shovel
*Avalanche probe
Helmet (optional)
Ski scraper and wax for skis/skins

*Can be rented, but please contact me prior to reserve.
I will supply ropes, group shelter, 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. Leashes are also recommended as we will be skiing on a glacier.

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).

Ski can be rented at Zurbriggen Sports in Saas Grund (where we stay).

Terry Ralphs

Email: terry@ski-offpiste.com Mobile: +41 79 699 51 99