

Ski Touring Diemtigtal Equipment list

Equipment List

Waterproof, breathable jacket
Waterproof trousers ski pants
Warm Gloves and lighter gloves
Thermal Top and spares
Mid-layer top
Soft shell jacket
Warm down jacket
Ski trousers and / 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, ideally with compartment for shovel and probe.
Small personal first aid kit (tape for blisters and pain killers such as aspirin or ibuprofen)
Water Bottle (1 to 1.5 litres recommended) or thermos flask
Sunglasses (Cat 4 rating is preferable) with retaining strap.
Goggles (lenses for flat light, poor weather)
Sun cream and lip block
Camera, mobile phone and charger
Approach shoes - travelling
Evening and travel clothes

Technical Equipment

*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.

SKI TOURING 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!

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