

















ITEM	EXAMPLE	QUANTITY	DESCRIPTION
Warm hat		1	Windproof lining is an advantage should it be cold and windy.
Sun hat		1	Make sure it stays on your head even when it is windy.
Thermal underwear		1	Top preferably with long sleeves (sun protection) and long johns. Wearing cotton next to your skin can mean you get cold, as it does not dispel moisture in the same way as a thermal, wicking garment.
Fleece layers		1	It is better to carry several thin layers than thick bulky ones, to allow you to adjust your clothing according to temperature, weather and activity.
Light puffer jacket		1	A lightweight puffer jacket - easy to pack into small bag. Either synthetic or down works.
Ski jacket		1	Wind and waterproof ski jacket. Gore-Tex or similar breathable material.
Ski trousers		1	Wind and waterproof ski trousers. Gore-Tex or similar breathable material.
Warm gloves		2	Should be insulated warm gloves or mitts. Gloves make it easier to fiddle with snow gear but mitts tend to be warmer.




1 Items marked in red can be rented or borrowed by skitouring.rs. The equipment has to be booked 4 weeks in advance to secure the availability.

Thin gloves		1	A fleece wind stopper glove with reinforced palms gives better grip.
Splitboard or touring ski		1	Splitboard (or skis) with touring bindings – must be fully serviced (waxed and edged) before departure.
Skins		1	Cut to fit your splitboard / skis.
Crampons		1	Make sure they are compatible with your bindings and fit the width of your splitboard / skis.
Mountaineering crampons		1	Mountaineering crampons, steel, 12 points with automatic heel clip (event better full automatic for ski boots). Make sure they fit over your snowboard boots. Best to take your boots to a shop and have them fit your crampons.
Snowboard or ski boots		1	Better to have your own.
Ski poles		1	Telescopic ski poles, must fold down so that you can attach them to your backpack when you're not using them.
Ski/snowboard goggles		1	Goggles with all-weather or changeable lenses (one lens for good light and one for low/flat light)
Ski/snowboard helmet		1	Better to have your own.

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Rucksack		1	35-45 liters capacity rucksack with attachment loops for carrying skis/snowboard.
Harness		1	Make sure it is comfortable and the right size (should fit over your jacket and trousers).
Locking gate carabiner		2	Screw gate carabiner or locking carabiner. Pick the aluminium pear-shaped carabiner, as it is practical for connecting multiple items easily.
Dynaloop		1	120cm or 150cm. This is a sling made of a dynamic rope used for safe attachment to belays, equalizing belays or extending an anchor point. The multipurpose of the dynaloop makes it our favorite in the world of lanyards, daisy chains and other slings.
Ice axe		1	Regular mountaineering ice axe (also called a walking axe); should be 50-70cm depending on how tall you are.
Avalanche transceiver, shovel & probe		1	Bring 2 sets of fresh batteries for the transceiver.
Sunglasses		1	A must when you are spending time on snow and ice! You can badly damage your eyes without them. Make sure they are big enough to cover your eyes well. Factor 4 lenses are recommended by opticians, factor 3 is a minimum.
Sun cream		1	Good quality sun cream factor 50+ for face and lips. The sun is very strong high up!

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<p>Water bottle</p>		<p>1</p>	<p>You will need 1l – 1.5l bottle made of durable plastic or metal. Camel Bag is good too, although it may ruin your day if the bladder leaks!</p>
<p>Thermos flask</p>		<p>1</p>	<p>Not essential and it will add weight to your pack, but hot tea can be very welcome on cold days.</p>
<p>Packed lunch & trail snacks</p>		<p>1</p>	<p>Bring enough food to keep your energy levels up for a full day in the mountains.</p>

*GPS device and boot dryers is recommended. Head lamp, ski/snowboard tool and surviving kit is mandatory (survivor blanket, whistle).