



## PACKING LIST - SKI TOURING

Below you will find the mandatory equipment you need to have as well as things that might be nice to have but are not mandatory. Some items are provided by us if you don't have your own and are marked below with a "✓"

If you have any questions, big or small, please don't hesitate to contact us.

### NEED TO HAVE AKA WHAT THE GUIDE HAVE

Touring Skis or Splitboard

Skis preferably with tech bindings.

Skins

That fit your skis/board. If you haven't bought yours yet we recommend skins from Pomoca.

Ski / Snowboard Boots

With walking mode, make sure they fit both your feet and your bindings.

Ski Poles

Ski Crampons

Will save you a lot of energy if it's icy on the uphill.

Backpack

Large enough to fit all this equipment. Usually around 25-35L.

Helmet & Goggles

To keep that head protected and eyes happy.

Jacket & Pants

We recommend at least windproof jacket and pants. Waterproof (like Gore-Tex or similar) is nice when the weather is not. If weather is good the guide will likely have a windjacket and softshell pants.

Insulation Jacket

Down, syntethic or similar.

2nd Layer Top

Thin fleece or wool sweater/hoodie.

Base Layer

We prefer wool over synthetic but both works.

Ski Socks

Preferably made out of wool or a combination between synthetic and wool.

Beanie or Headband

To have on the uphill. Later in spring a cap works fine.

Buff or similar tube formed garment

To keep the sun away or your neck warm.

Gloves x 2

Two pairs, one thinner pair to use on the uphill and one pair of warm gloves/mittens for the downhill. We recommend a mitten with a removable liner so the shell fits over your 'uphill' gloves.

Enough Lunch

Sandwiches is a classic. Freeze dried works later in spring when it's warm enough to sit and wait for the food. Bring snacks like chocolate, bars, nuts and dried fruit.

Thermos

Minimum 250ml warm liquid per person. Coffee, tea, hot chocolate or to your preferences.

Water bottle

750-1000ml. Later in spring the need usually increases with rising temperatures.

Sunglasses

Sun Screen

SPF 30 or higher. Small package. Good to have from April 1st.

### NICE TO HAVE & GEAR PROVIDED BY US

Blister Tape

Camera

Avalanche Safety Equipment

If you do not have your own avy. safety equipment we are happy to provide you with one of our top quality kits from Mammut.

First Aid Kit

Guide will bring the necessary equipment.

inReach and other communication devices

Guide will bring the necessary communication equipment.

Bivy Bag

Guide will bring the necessary equipment.

Toilet paper + hand sanitizer

Provided by us.