

Ski Kit List

This list gives you an idea of the equipment you will need for off piste skiing or ski touring with me.

For day tours and off piste skiing you need to carry a small day pack containing your safety equipment and personal equipment.

On multi-day tours we normally stay in mountain huts and are able to ski with relatively light packs (5-7kg recommended) to make the skiing easier. If you are new to ski touring, it is worth skiing with a pack ahead of your tour to see how it feels.

Clothing

Ski trousers - A good quality pair of ski trousers. Bib-style with braces (to keep the snow out) are good in cold weather, but can be too warm in spring, in which case waist-cut trousers would be better. Side-openings (useful for ventilation when you get hot), breathable fabric (Gore-Tex or similar), stretch knee pads, integral snow gaiters. Thigh pockets are very useful.

A shell jacket - made of breathable material (Gore-Tex or similar) and built-in hood. I prefer the traditional 'layering principle' so a shell is recommended rather than a padded jacket.

Underwear - Comfortable underwear with good wicking properties.

Several thin (rather than fewer thick) mid-layers between your skin and the outer shell - an approach that gives better heat retention and good flexibility.

Head and neck wear - To include warm hat and sun-cap or wide-brim hat for extra protection from the sun. A buff can be useful.

Ski helmet - should be considered, depending on the trip to be undertaken

Gauntlet-style gloves or mitts

Spare gloves

Thinner gloves - for skinning uphill

Socks for skiing - according to personal preference

Ski Equipment and technical equipment

Skis with touring bindings, skins and ski crampons

Ski touring boots

Poles

Ice Axe – A general, lightweight, mountaineering axe, ideally short enough to fit in your pack.

Boot Crampons - Ideally lightweight with clip-on bindings.

Alpine mountaineering or ski mountaineering harness - A simple lightweight harness such as a Black Diamond Alpine Bod

2 screw gate karabiners and a sling

On some tours in non-glaciated terrain an ice-axe, boot crampons and climbing harness may not always be required. However as conditions and itineraries can change I recommend that you bring these items with you.

Avalanche Safety equipment

Avalanche Transceiver - and spare batteries

Snow shovel

Avalanche probe

Miscellaneous

Good pair of goggles - essential. Useful to have 2 pairs on powder days in case of head plants!

Good quality sunglasses - UV factor category 4 recommended

Rucksack - 35-40 litre for ski tours; 20-25 litre for off-piste skiing; consider ABS/airbag, essential to have side straps or fixings to carry skis.

Water bottle and/or flask

Suncream and lip salve

Wash kit with small personal first aid items (i.e. any medications, blister kit)

Headlamp, lightweight and compact LED recommended. - with spare batteries.

Lightweight sheet sleeping bag/silk liner – now compulsory in most huts and recommended for a good night's sleep and personal hygiene! (for multi-day ski tours)