



Ski Mountaineering Kit List

First up, we need the ski-touring essentials:

Ski Mountaineering Boots	
Skis with Touring Bindings	
Ski Poles with good size baskets	
Skins (please check the glue is still in good order)	
Hacheisen (ski crampons)	

Then we need the every-day trio of Off-Piste Essential items:

Metal Snow Shovel (must be a full metal shovel as plastic blades don't work in real avalanche debris!)	
Avalanche Probe (size is everything)	
Avalanche Transceiver (please put new batteries in for our trip)	

Then we need your clothing and kit for touring:

Rucksack 35 to 45 litres	
Waterproof Jacket	
Over trousers (ideally with full length or long side zips – so you can put them on with skis/ski boots on)!	
Thermal leggings and/or Mountain Trousers (hefty soft shell ideal)	
Wicking thermal top (ideally zip neck – and no cotton please)	
Fleece mid layer	
Spare Fleece/soft shell/light duvet (at least 3 layers to wear + one good <i>extra</i> layer)	
Socks (good quality warm ski socks + spares).	
Thin Inner Gloves	
Ski Gloves	
Warm gloves/mitts	
Warm Hat	
Neck Gaiter/Buff	
Ski Goggles	
Sun Hat	
Sun Glasses (CE rated at least 3 or ideally 4).	
Sun + lip cream (factor 30+).	
Water Container (about 1 litre should do it – and ideally <i>not</i> a camelback or bladder system).	

Then the kit for roping up on ridges, peaks and glaciers:

Harness and screw gate karabiner (+ favourite personal slings and bits)	
Bring an ice screw and some prussic loops (if you have them)	
Crampons (light is good, alloy will be fine)	
Ice Axe (ideally short enough to go inside your pack)	

Then the “bits and bobs”:

Velcro ski strap – bigger the better (I suggest bringing two of these)	
Really small headtorch (with new batteries)	
Map, Compass + Whistle (optional, but a good idea).	
Personal first aid + blister kit (MC will carry group first aid kit)	
Camera (& leads/charger)	
Phone & charger	
Dry bag/w'proof cover for phone	



Essential Travel Items:

Wallet (and Euros – but most of the huts will take cards this year)	
Passport (ideally your own – yes really!)	
Flight and travel documents	
EHIC card	
Travel/Rescue Insurance documents	

Possible Extras

Bring a capacious USB Stick for sharing photos before the week is done. MC will bring a laptop with card reader.

Then we have some group kit and spares:

Spare pole & baskets	
Group Shelter	
Group First Aid Kit	
30m Ski rope(s)	
Spare Transceiver	
Abalakov threader	
Maps	
Crevasse rescue kit	
Knife/drivers/tools	
Ski spares and repairs	

Finally, here's a handy check list before we go:

Personal details on flight booking?	
Checked in and printed boarding passes?	
Passport correct and valid?	
Travel Insurance in date and include off piste skiing and touring?	
Sent confirmation and details of travel/rescue insurance policy to MC?	
New battery in altimeter/watch?	
New batteries in Transceiver?	
Camera charged? (and card cleared)?	
New batteries in headtorch?	
Local rescue numbers in phone?	
Local weather forecast sites in phone?	
Sun Cream in date?	
Team contact details shared?	