



Day Touring Kit List

Just remember, every extra kilo on your back knocks 10% off your enjoyment on the descents – so try and keep the weight down! See our website for more advice on buying ski touring kit, or contact David and Andy Hall at **Backcountry UK (01943 816011)** who can provide you with whatever specialist items you need.

- **Waterproof Jacket** – preferably lightweight + breathable.
- **Overtrousers/ski pants** – preferably with side zips.
- **Rucsac ~30-35l** Try and avoid ones covered in too many features.
- **Socks** specialist ski socks or a warm loop lined pair or mountain socks.
- **Wicking thermal top** not cotton please...
- **Fleece mid layer** or equivalent.
- **Thermal leggings** or ski pants.
- **Thin Inner Gloves.**
- **Warm Ski Gloves.**
- **Warm Hat.**
- **Spare Fleece** or other warm layer.
- **Water Container** at least 1 litre.
- **Personal medications** + blister kit.
- **Ski Goggles.**
- **Sun Glasses** (CE rated 3 or 4).
- **Sun + lip cream** (factor 30+).
- **Ski Mountaineering Boots** or freeride boots (or regular downhill boots is necessary)
- **Skis with Touring Bindings** – NB no NAXO bindings – they're so unreliable we've had to ban them!
- **Velcro ski strap** to keep skis together on your rucksack if we need to carry them.
- **Ski Poles** with good size baskets (5cm at least). Telescopic poles are not needed.
- **Climbing Skins** (they come with the skis if you hire your kit).
- **Harscheisen** (ski crampons).
- **Metal Snow Shovel** – must be a full metal shovel (plastic blades don't work in real avalanche debris!)
- **Avalanche Probe**
- **Avalanche Transceiver** – must be a modern digital model (older analogue models are now obsolete)
- **Harness and locking karabiner**
- **(Crampons)** – bring them if you've got them, but don't worry if not – we can lend you a pair if needed
- **(Ice Axe)** – as per crampons above
- **Possible Extras** USB stick for photos.

For more advice on ski touring kit, visit the 'Ski Touring Kit Advice' page on our website, where there is a detailed article on the subject.

Your guide will have all other safety kit, first aid and survival equipment.