



## Ski Mountaineering Kit List

Just remember, every extra kilo on your back knocks 10% off your enjoyment on the descents! Getting hold of the best and lightest kit available is always worth it. See our website for more advice on buying ski mountaineering kit, or contact David and Andy Hall at **Backcountry UK (01943 816011)** who can provide you with whatever specialist items you need.

- **Waterproof Jacket** - lightweight + breathable.
- **Over trousers** - with long side zips.
- **Rucksack 35 - 45l** Avoid ones covered in features, they weigh a ton!
- **Socks** Warm loop lined pair + spares.
- **Wicking thermal top** not cotton please...
- **Fleece mid layer** or equivalent.
- **Thermal leggings** or Mountain Trousers
- **Thin Inner Gloves**
- **Warm Ski Gloves**
- **Warm Hat**
- **Spare Fleece**
- **Water Container** at least 1litre.
- **Headtorch + batteries**
- **Map, Compass + Whistle** (optional, but a good idea).
- **Personal medications + blister kit**
- **Ski Goggles**
- **Sun Glasses** (CE rated 3 or 4).
- **Sun + lip cream** (factor 30+).
- **Sun Hat**
- **Small wash kit**
- **Wallet + Passport**
- **Ski Mountaineering Boots**
- **Skis with Touring Bindings** – NB no NAXO bindings – they're so unreliable we've had to ban them!
- **Ski Poles** with good size baskets. Normal poles are fine - preferable even.
- **Skins**
- **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**
- **Ice Axe**
- **Possible Extras** Silk sheet liner + ear plugs for huts, USB Stick for photos.

For more advice on ski mountaineering 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.