



### Kit List for Ben Nevis Ski Weekend

Please ensure that you have all of this kit before meeting on the first morning. If you have any difficulty in obtaining the kit then please email [alison@offpiste.org.uk](mailto:alison@offpiste.org.uk) for advice.

- **Shovel, transceiver and probe** (ensure the transceiver has fully charged batteries)
- Skis with touring bindings
- Ski touring boots (or alpine boots with a good sole)
- Ski poles (having larger baskets is ideal)
- Ski clothing (do consider plenty of layers to allow you to adjust your temperature)
- Waterproof jacket and trousers (many will be familiar with the conditions in Scotland but good shell clothing is essential for challenging weather)
- Skins to fit your skis
- Ski crampons
- Google and sunglasses (if you normally ski in goggles you find sunglasses much better for when you are skinning uphill)
- Small first aid kit, for blisters and painkillers etc.
- Plastic survival bag
- **Harness\***
- Crampons\*
- Ice axe\*
- Helmet\* (Ski or climbing helmet will be fine)
- A rucksack to put it all in – 30 litres is ideal for the hill but you may require something larger to ferry equipment into the CIC Hut
- Flask or water bottle (1 litre) to carry enough fluid for the day
- 2 x lunches to keep you going on the hill
- 1 x Evening meal and 1 x breakfast for our stay in the CIC Hut
- Sleeping bag for CIC Hut
- Head torch and personal toiletries. Facilities are limited at the CIC but many people will like to take some wet wipes and antibacterial hand gel etc.

It is possible to borrow the items in bold from us, but please do let us know in advance.

Items marked with a (\*) can be hired locally in Fort William from a variety of providers although charges may apply.

### **Where can I hire ski equipment?**

Skis with touring binds aren't available to hire in Fort William. They can be hired from [Mountain Spirit](#) in Aviemore and [Tiso](#) in Perth.