



## Kit List for Ben Nevis Ski Weekend

\* These are all items that can be provided for you free of charge. Please email [james@offpiste.org.uk](mailto:james@offpiste.org.uk) in advance to arrange this.

### **Skis with touring bindings**

For ski touring in Scotland, we recommend all mountain skis of approximately 85mm – 95mm underfoot. Examples of these are K2 Wayback, Scott Superguide, Atomic Backland, Dynastar Mythic, Völkl BMT, Salomon MTN Explore. These skis should be fitted with a ski touring binding, that you have prior experience of using. Frame or pin bindings will be suitable.

Please do check your binding is adjusted properly to the correct DIN setting for you, with the appropriate clearance at the toe and heel. As more bindings have appeared on the market, knowledge of the correct adjustment has become more complicated. Please do consult a trusted ski technician or contact us for advice.

Ensure that these have been fully serviced before your trip. Check for sharp edges and that the bases aren't dry (white in colour). For more information on ski servicing visit <https://www.datawax.com> and their helpful "How to" page.

### **Ski touring boots**

A dedicated ski touring boot, with a Vibram sole. We recommend that these are professionally fitted, and have been well used prior to the trip.

### **Ski poles**

Normal fixed length ski poles, with a large basket. Telescopic poles are acceptable.

**Skins**

Make sure these fit your skis. We recommend having them cut by a professional.

**Ski crampons**

Also known as harscheisen or couteaux. Again, ensure that they fit to your skis and bindings. These are essential.

**Helmet\***

A climbing or ski helmet will be suitable, but ideally one that is certified for both activities.

**Avalanche transceiver \***

A modern digital model is essential. This must have been serviced within the last 3 years and should have new batteries in it. The Mammut Barryvox is available to borrow free of charge.

**Snow shovel \***

This must be a metal shovel.

**Avalanche probe \***

A full-length probe, greater than 2 metres in length.

**Rucksack**

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. It must have a ski carrying system. A dedicated ski touring rucksack with ski carrying system and a separate compartment for shovel and probe is a good investment.

**Ski goggles**

It is advisable to bring a poor visibility lens.

**Ski strap**

Needed for carrying your skis.

**Sun protection**

Sunglasses, sun cream, lip balm and sun hat.

**Crampons \***

A pair of 12-point crampons, with a crampon bag. Please check that they fit your ski touring boots.

**Ice Axe \***

A lightweight ski touring axe is sufficient.

**Harness \***

A lightweight ski touring design is preferred, as it will be much easier to put on and adjust, as layers are changed during the day.

**Thermal base layer**

A thin synthetic or wool thermal top is essential. A light colour will be cooler.

**Fleece / soft shell**

Having a good layering system will greatly improve your comfort. As a general guide a single thin fleece layer for your upper body and a thin soft shell is ideal.

**Ski trousers**

A good pair of soft-shell trousers will normally be sufficient. Some people like to combine them with a thin synthetic long john.

**Insulated jacket**

A synthetic or insulated jacket can be an excellent addition bumping up the insulation for cold conditions. A spare fleece will also suffice.

**Waterproofs**

A good quality hard-shell jacket and trousers are required due to the changeable weather.

**Socks**

Specialist ski socks to fit your ski boots. Often blister problems are down to

using old socks. Treat yourself to a new pair.

### **Gloves**

A thin soft-shell glove, or a thin leather pair, for everyday tasks. These should be combined with a thicker insulating ski glove.

### **Hats**

A warm beanie / bobble or similar hat is essential for cold conditions. Bring a spare.

### **Head torch**

A small head torch, with new batteries in it.

### **Personal medication / First Aid**

It's worth carrying a few items but most importantly some painkillers and blister kit for personal ailments. We carry a larger group first aid kit so there is no need to pack lots of things.

### **Plastic survival blanket**

### **Water bottle / flask**

It's important to stay hydrated and therefore recommend carrying a bottle with 1 litre capacity.

### **Mobile phone**

Ensure this has sufficient battery to last a cold day on the hill and is in a waterproof case.

### **Plastic Bags**

It's worth having a couple of plastic bags to put over your ski boots when approaching in other footwear. Scottish skiing regulars will be familiar with this!

### **Food**

2 x lunches to keep you going on the hill

1 x Evening meal

1 x breakfast for our stay in the CIC Hut

**Sleeping Bag**

Suitable for 1 night at the CIC Hut

**Personal toiletries**

Facilities are limited at the CIC. Many people will like to take some wet wipes and antibacterial hand gel etc.

**Where can I hire ski equipment?**

Ski touring equipment can be hired from Ellis Brigham's in Fort William.

<https://www.ellis-brigham.com/shops/fort-william>