



Kit List for Arctic Norway Ski Touring

* These are all items that we can provide for you free of charge. Please email james@offpiste.org.uk in advance to arrange this or for further advice.

Ski Kit

Skis with touring bindings

For ski touring in Norway, we recommend all mountain skis of approximately 85mm – 100mm underfoot. These skis should be fitted with a ski touring binding, that you have prior experience of using. A frame or pin bindings will be suitable.

Ensure that these have been fully serviced before your trip. Check that the edges are sharp (but have been detuned at the tip and tail) 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.

Check that your bindings are set correctly before the trip. The correct DIN value can be calculated using an app such as Rentmaxx Z-Value.

<https://apps.apple.com/us/app/rentmaxx-z-value/id490057605>

We recommend checking that the bindings are set correctly, and that the DIN setting is correct for you, with a qualified ski technician.

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. Ensure that they fit to your skis and bindings. We frequently get asked if these are essential – they are.

Avalanche transceiver *

A modern digital model is essential. This must have been serviced within the last 3 years and 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 of 25 – 40 litres is sufficient. It must have a ski carrying system. Simple designs work best. A dedicated ski touring rucksack, which allows easy ski carrying options and a separate compartment for shovel and probe, is a good investment.

The use of airbag rucksacks is a personal choice. They are not essential and if considering using one you must be able to cope with the extra weight.

Ski Goggles

It is advisable to bring both a good visibility and poor visibility lens.

Ski Strap

Needed for carrying your skis.

Sun Protection

Sunglasses, sun cream, lip balm and sun hat.

Technical Kit**Ski Helmet**

Helmets are recommended. There are an increasing number a lightweight ski touring models available.

Crampons *

A pair of 10 or 12-point crampons, with a crampon bag. Check they fit your 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.

We ask that crampons, ice axe and harness are brought on all of our Norway trips. They might not be used but we like everyone to have them in case conditions or aspirations dictate that they are required.

Clothing

Thermal Base Layers

A thin synthetic or wool thermal top and bottoms are essential. A light colour will be cooler. It's not always necessary to wear the bottoms, as it can be warm enough to skin in soft shell trousers, but we recommend bringing them.

Fleece / Soft Shell

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

Ski Trousers

A good pair of soft-shell trousers will be often be sufficient, but we recommend bringing hard-shell trousers too, that are comfortable to skin uphill in.

Insulated Jackets

A synthetic or down jacket is required for insulation in cold conditions. We recommend bringing a couple of insulating layers of varying thicknesses, and it can be decided on a daily basis which will be required, given the prevailing conditions. Gillet's (both fleece and insulating) can be an excellent addition to give extra warmth around the body, without restricting the movement of the arms.

Waterproofs

Good quality hard-shell waterproofs are required due to the changeable weather conditions. If you have lightweight models as well, then we would recommend you bring these, allowing you to make a choice on a day-by-day basis.

Socks

Specialist ski socks to fit comfortably with 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 thicker insulating ski gloves or mitts. We recommend bringing a couple of pairs of thicker gloves.

Hats

A warm hat is essential for cold conditions. Bring a spare.

Additional Personal Kit**Footwear**

It's worth bringing some lightweight walking boots or similar for walking on rough or snowy ground. Slippers can be a comfortable addition for evenings in the house.

Head Torch

A small head torch, with new batteries in it. Although it's nearly 24-hour daylight, this can be useful for reading etc. Bringing a blindfold can help with sleeping given the long daylight hours.

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.

Water Bottle / Flask

It's important to stay hydrated and therefore recommend carrying a bottle with at least 1 litre capacity. The weather can be cold so it's worth bringing a flask, even if you don't choose to use it every day.

Mobile Phone

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

Documents / Wallet / Passport

You should always carry details of your insurance policy and assistance number. If you are eligible, carry a EHIC or GHIC card (European Health Insurance Card).

<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>

There is no need for towels (provided in house) or any overnight kit, as all tours will be day tours.