



## **Kit List for Arctic Norway Ski Touring**

If you have any difficulty in obtaining the kit then please email [james@offpiste.org.uk](mailto:james@offpiste.org.uk) for advice.

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

### **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 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. Ensure that they fit to your skis and bindings. These are essential.

**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. Generally 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 increasingly common, but they are by no means essential and if considering using one you must be able to cope with the extra weight.

**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.

## **Technical Kit**

### **Ski Helmet**

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

### **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.

## **Clothing**

### **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 be normally be sufficient. Some people like to combine them with a thin synthetic long john. For us this is normally too warm.

### **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 is required due to the changeable weather. 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 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.

## **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 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 1 litre capacity. The weather can be cold so it's worth bringing a flask, even if you don't choose to use it everyday.

### **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 card (European Health Insurance Card).

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