



Kit List for Ski Performance Scotland

Please ensure that you have all of this kit before the beginning of the course.

* These are all items that can be provided for you free of charge. Please email gillian@offpiste.org.uk in advance to arrange this.

Skis with bindings

For this course we recommend all mountain skis of approximately 85mm – 100mm 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 binding that you have prior experience of using.

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 boots

Either a ski touring, alpine or hybrid boot will be suitable. We recommend that these are professionally fitted, and have been well used prior to the course.

Ski poles

Normal fixed length ski poles, with a large basket.

Ski helmet

Helmets are strongly recommended.

Avalanche transceiver *

A modern digital model is essential. This must have been serviced within the last 3 years and have new batteries in it.

Snow shovel *

This must be a metal shovel.

Avalanche probe *

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

Rucksack

A rucksack of 20 – 30 litres is sufficient. It should have extra space in it to remove layers if required. A dedicated off-piste skiing rucksack, which allows easy ski carrying options and a separate compartment for shovel and probe, is a good investment. A well-fitting rucksack will help with ski performance.

Ski goggles

It is advisable to bring a poor visibility lens.

Sun protection

Sunglasses, sun cream and lip balm. This isn't always needed in Scotland but we are ever hopeful!

Clothing

Suitable clothing for the prevailing conditions (sometimes you will be stood listening and other times you will be working hard!)

Food

Enough food and drink to keep you going for the day. However, it is

anticipated that there will be a café stop for lunch.

Where can I hire ski equipment?

Ellis Brigham's in both Aviemore and Fort William hire ski equipment

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

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

Cairngorm and Braemar Mountain Sports carry a small supply a ski touring equipment for hire. This must be booked in advance.

<https://www.braemarmountainsports.com>