



Kit List for Ski Performance for Mountaineers

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

If you have any difficulty in obtaining the kit then email alison@offpiste.org.uk for advice.

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 trip.

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.

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 a 3 hour session.

Where can I hire ski equipment?

[Sanglards](#) in Chamonix offer a great service have their own parking, and you can hire ski touring equipment and transceivers from them too.

If you are staying in Argentière, then [Grand Montets Sports](#) are right at the bottom of the lifts making it easy to pick up your ski equipment.

[Ski Perf](#) is an excellent shop in Les Houches with a friendly owner - an excellent place to get your skis serviced too.