

### **Kit List for Ski Performance Course for Mountaineers**

Please ensure that you have all of this kit before meeting on the first morning of your course. If you have any difficulty in obtaining the kit then email [alison@offpiste.org.uk](mailto:alison@offpiste.org.uk) for advice.

- Shovel, transceiver and probe (ensure the transceiver has fully charged batteries)
- Skis, with either alpine or touring bindings
- Boots (either alpine or touring will be suitable)
- Ski poles (having larger baskets will be better for skiing powder)
- Food and drink to keep you going for a 3 hour session
- Suitable clothing for the prevailing conditions (sometimes you will be stood listening and other times you will be working hard!)
- A small rucksack to put it all in.

Helmets are strongly recommended.

#### **Where should I hire ski equipment from?**

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

[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 skiing at Grand Montet then [Grand Montet Sports](#) are right at the bottom of the lifts making it easy to pick up your equipment or ski touring kit.