



## **Kit List for Off Piste Rover – La Grave**

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

### **Ski Kit**

#### **Skis with Touring Bindings**

For off piste skiing we recommend good all mountain skis of approximately ~95mm underfoot. Ensure that these have been fully serviced before your trip. These skis should be fitted with a ski touring binding, that you have prior experience of using. Step in, or pin bindings will be suitable. Many will choose a wider ski for the powder, these can be hired locally if required.

#### **Ski Boots**

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 know as harscheisen or couteaux. Again, ensure that they fit to your skis and bindings. These are essential.

#### **Avalanche Transceiver \***

A modern digital model is essential as older analogue models are now obsolete. E.g. Mammut Element.

#### **Snow Shovel \***

This must be a metal shovel.

**Avalanche Probe \***

A full-length probe, greater than 2 metres in length. The best models are by Black Diamond.

**Rucksack**

A rucksack of 30 – 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, 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 highly recommended.

**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 thick soft shell trousers will be normally be sufficient. Some people like to combine them with a thin synthetic long john. For many hard-shell trousers are a good alternative.

**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.

**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 around the village.

**Head Torch**

A small head torch, with new batteries in it.

**Water Bottle / Flask**

It's important to stay hydrated and therefore recommend carrying a bottle with 1 litre capacity.

**Mobile Phone / Waterproof Case**

**Documents / Wallet / Passport**

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

\* 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.