



Ski Touring Kit List for Off Piste Rover

Skis with Touring Bindings Selecting a ski is a huge subject, but for touring we recommend a good all mountain ski of approximately 85-95mm underfoot. E.g. K2 Wayback, Scott Cruisair, Trab Polvare etc. This should be fitted with a touring binding e.g. Fritschi Eagle or Freeride Pro. Dynafit bindings will be suitable, but if considering these for the first time, please contact us.

Ski Mountaineering Boots Dedicated ski mountaineering boot with a vibram sole unit. In most cases we recommend that these are professionally fitted in Europe.

Velcro Ski Strap Essential to keep your skis together if climbing on foot.

Ski Poles Normal fixed length ski poles with a decent sized basket will be more than sufficient. There is no need for a telescopic pole.

Climbing Skins Make sure they come with you skis if you are hiring equipment.

Harscheisen Ski crampons

Metal Snow Shovel Please ensure that you bring a good quality metal shovel. Plastic ones have been known to break or flex in avalanche debris.

Avalanche Probe Best models by Black Diamond.

Avalanche Transceiver Modern digital model preferred as older analogue models are now obsolete. E.g. Mammut Pulse, Element and DTS Tracker 2 are recommended.

Rucksack For the ski touring use a rucksack of 30-35 litres is sufficient. Generally simple designs work best and a dedicated ski touring rucksack, which allows easy ski carrying options, is often a good investment e.g. Haglöfs Tura 25/35 Haglöfs Skra 25 (it's actually bigger than that) or VOJD ABS 30.

Crampons A pair of 12-point crampons with a crampon bag. Anti-balling plates

are essential. These need to be both suitable for your ski boots and must fit properly prior to going out on tour e.g Edelrid Shark, Petzl Vasak or light weight varieties.

Ice Axe Lightweight ice axe e.g. Edelrid Race.

Helmet This is not essential, and not yet common place for ski touring, but if you normally ski with one then we recommend bringing it with you.

Harness A lightweight design with adjustable leg loops and waist is preferred as it will be much easier to put on and adjust as layers are changed during the day. E.g. Edelrid Creed, or Loopo/Loopo Light.

Hardware Each individual client will need a one locking karabiner, a 120cm sling, 2 prussiks, 2 additional screwgate karabiners, and one icescrew.

Ski Goggles

Sunglasses, sun cream and lip balm Essential, factor 30+ and glasses that are Category 3 or 4.

Sun Hat Again essential to protect you from dehydration or sunstroke/heat exhaustion in the mountains.

Personal medication/first aid It's worth carrying a few items, but most importantly some pain killers and blister kit for personal ailments. We will also carry a larger group first aid kit so no need to pack loads of stuff.

Water bottle It is important to stay hydrated out on the hill and as such we recommend carrying a water bottle of 1 litre capacity e.g. Nalgene or similar.

Compass and Maps We will have maps of the local area but feel free to bring one. It's a good idea to protect this paper maps with a suitable case e.g. Ortlieb. We recommend a Silva Type 4 compass.

Waterproof jacket and trousers Light weight and breathable models are best as they will frequently be in your rucksack.

Thermal base layer A thin synthetic or wool thermal top is essential, a light colour will be cooler.

Fleece and/or Softshell 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 softshell is ideal

Ski Trousers A good pair of softshell trousers will normally be sufficient for ski touring. Some people like to combine them with a thin synthetic long john – for us that is usually too warm.

Insulated Jacket or gilet A synthetic insulated jacket can be an excellent addition bumping up the insulation in cold conditions. A spare fleece will also suffice.

Socks Specialist ski socks to fit your ski boots.

Gloves A thin softshell glove, or a thin leather pair for everyday tasks. These should be combined with a thicker insulating ski type glove.

Hats A warm beanie or similar hat is essential for early starts and cold conditions.

Mobile phone and waterproof case Some people choose to carry their mobile phone, despite reception being poor on the hill. It is definitely worth ensuring that you have some sort of waterproof case/bag.

Documents, Wallet & Passport You should always carry details of your insurance policy and assistance number, European Health Card etc.

If you would like advice on the purchase of specialist equipment, please feel free to get in touch for advice.