

# frost guiding

## Ski Touring Kit List

### Hardwear

**Transceiver/shovel/probe\*** Essential. Metal shovel, 200cm minimum probe, modern digital transceiver with new batteries.

**Skis\*** There is a huge choice available. Fat skis are great downhill in powder, but too heavy for big climbs. Most tours you'll ski all sorts of snow anyway, so try medium wide (80-90mm) and short-ish.

**Bindings\*** Your choice! Fritschi are easy to use and popular, Dynafit save a lot of weight.

**Boots\*** Medium stiff is best compromise. Buy with thermo inner. Hire boots are rarely that comfortable. Light, soft boots don't help your skiing.

**Skins\*** Must fit the ski – narrow skins don't work on big skis.

**Ski crampons\*** (cousteaux/harscheisen) Essential any tour later than February.

**Sticks\*** With big baskets. Don't need to be telescopic – rigid is lighter, stronger and cheaper.

**Crampons/ice axe.\*** Essential for some tours. Make sure crampons fit ski boots.

**Harness \*** This can be very lightweight – Black Diamond “Bod”. You must be able to put it on over boots/skis

**Helmet\*** Optional – if you feel happier then wear a helmet.

**Rucksack** 30-45 litres is plenty. Must be able to carry skis on the rucksack.

### Clothing

**Waterproof Jacket and trousers** Lightweight materials – Paclite – are ideal. Trousers should have full length zips so they can go on without removing boots/crampons/skis

**Clothing** Layering systems work best. Lightweight, long sleeve and light colour base layers, mid layers plus fleece jacket. Soft shell/mountain trousers, thin base layer for cold days. Spare socks/t-shirt for huts.

**Duvet Jacket** Down or synthetic: essential extra layer.

**Hats** Warm hats that protect ears. A sun hat is a good idea for later season tours.

**Gloves** 2 pairs. Light gloves will be fine for skinning on warm days.

**Sunglasses** Must be minimum Category 3, but 4 is better. Consider a spare pair...

**Goggles** Essential for windy/poor visibility days

**Facemask/Scarf** Good for cold windy days.

### Other Stuff

**Camera** A small and light digital is ideal.

**Headtorch** For early starts and dark huts. Petzl Tikka type is fine, and very lightweight

**Water bottles** Bottles are best, Camelbaks will freeze. Or burst. Or leak.

**Suncream, blister kit, repair kit, personal first aid/medication, contact lenses, glasses, etc**

**Sheet sleeping bag, ear plugs** Many huts insist on sheet bags – you can buy them there - at a price. Ear plugs can help...

Technical gear (\*) can be hired if needed.

