




















SKI TOURING COURSE INTRODUCTION

ITEM	EXAMPLE	QUANTITY	DESCRIPTION
Warm hat		1	Windproof lining is an advantage
Thermal underwear		1	Long sleeved top and long trousers. Wearing cotton next to your skin can mean you get cold, as it does not disperse moisture in the same way as a thermal wicking garment.
Warm layers		1	It is better to carry several thin layers than thick bulky ones, to allow you to adjust your clothing according to temperature, weather and activity.
Light puffer jacket		1	A lightweight puffer jacket - easy to pack into small backpack. Either synthetic or down works.
Ski jacket		1	Wind and waterproof ski jacket. Gore-Tex or similar breathable material.
Ski trousers		1	Wind and waterproof ski trousers. Gore-Tex or similar breathable material.
Warm gloves		1	Should be insulated warm gloves or mitts for when you are skiing. Gloves make it easier to use your fingers but mitts tend to be warmer.
Thin gloves		1	A fleece wind stopper glove will keep your hands warm and dry on the way up. Thick ski gloves may be too hot and make your hands sweaty while you are going uphill.
Touring skis		1	Skis with touring bindings, wide enough underfoot to handle skiing powder or uneven snow (90 - 100 mm). Must be fully serviced (waxed and edged) before departure!!!









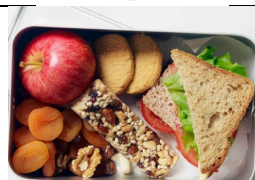
1 Items marked in red can be rented through Chamonix Experience. The equipment has to be booked 2 weeks in advance to secure the availability.

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Ski poles		1	Either adjustable or regular ski poles with powder baskets.
Ski touring boots		1	Touring specific ski boots, compatible with bindings that you have on your skis. We recommend the low-tech setup which is light and practical.
Skins		1	Cut to fit your skis, make sure that the glue is sticky! Have a bit of duck-tape in your bag in case your skins get whet and do not stick well.
Ski crampons		1	Make sure they are compatible with your bindings and fit the width of your skis. These crampons are rentable as a part of the ski set only, not available separately.
Ski goggles		1	Goggles with all weather or changeable lenses (one lens for good light and one for low/flat light).
Avalanche transceiver, shovel & probe		1	Bring fresh batteries for the transceiver.
Harness		1	Make sure it is comfortable and the right size (should fit over your jacket and trousers). If you have a sling with a locking-gate carabiner, bring it with you!
Rucksack		1	Approximately 30 litre capacity rucksack with attachment loops for carrying skis or snowboard.
Ice axe		1	Regular mountaineering ice axe (also called a walking axe); should be 50-70cm depending on how tall you are.
crampons		1	10 or 12 points crampons, semi-automatic or strap, preferably light-weight. Make sure that the crampon attachment system is compatible with and adjusted to your ski boots.

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Head torch		1	A lightweight head torch with fresh batteries.
Sleeping bag liner		1	There will be blankets and pillows in the hut, so there is no need to bring a sleeping bag . However, most huts insist that you use a sleeping bag liner in place of bed sheets. It is more for hygiene reasons than for warmth, so it only needs to be lightweight.
Washbag & toiletries		1	Only the essentials, basically tooth brush and tooth paste. Remember that water may not be available in some huts, so sanitizer gel and wet wipes can be useful. A lightweight quick-dry towel is good for multi-day trips.
Earplugs		1	Not essential but highly advisable to ensure a good night's sleep in the hut – make sure you can still hear your morning alarm though
Sunglasses		1	A must when you are spending time on snow and ice! You can badly damage your eyes without them. Make sure they are big enough to cover your eyes well. Factor 4 lenses are recommended by opticians, factor 3 is a minimum.
Sun cream		1	Good quality sun cream factor 50+ for face and lips. The sun is very strong high up, especially on snow and glaciers!
Water bottle		1	You will need 1l – 1.5l bottle made of durable plastic or metal. CamelBak/Platypus hydration systems are good too, although it may ruin your day if the bladder leaks!
Thermos flask		1	Not essential and it will add weight to your pack, but hot tea can be very welcome on cold days
Packed lunch & snacks		1	Bring enough food to keep your energy levels up for a full day in the mountains.