

Alps Ski Touring Equipment List

The equipment and clothing you bring will have a big impact on the quality of your trip. Make sure to bring all items listed except for items that are listed as optional (either are luxuries or your guide will be carrying for the group). Temperatures can vary widely in the springtime. They can increase from -15°C overnight to $+10^{\circ}\text{C}$ on sunny days or descents to the valley.

For clothing use the 'layer system': Light technical clothing that doesn't take much space in your backpack and dries quickly if sweaty or wet. Layers that can be put on and taken off fast if weather conditions change during the day. If you have any questions, please contact us.

Technical Equipment

- Alpine Touring skis (lightweight tech bindings recommended)
- Alpine touring boots (With Vibram sole)
- Ski poles (with regular powder baskets)
- Climbing skins (At least as wide as the waist of your ski)
- Avalanche transceiver (Triple antenna digital beacon)
- Lightweight snow shovel
- Avalanche probe
- Backpack (40-45 liters) with rain cover and outside straps to attach skis
- Harness for glacier travel
- 1 Ice Axe (light weight with a maximum length of 60cm)
- Boot Crampons (steel)
- 2 locking carabiners (your guide will bring crevasse rescue equipment)
- 1 non-locking carabiners
- Prusik cords (1 X 5m length of 6mm cord)
- 1 120cm sewn spectra sling
- A 1.2m section of 6mm cord
- Ski crampons
- Repair kit / spare parts for your bindings (optional)

Clothing

- Wind and waterproof shell jacket with hood (Gore-Tex or similar)
- Wind and waterproof ski pants (Gore-Tex or similar with integrated gaiters)
- Warm pants (insulated / fleece)
- Fleece pullover or midweight jacket
- Medium weight fleece shirt or vest
- Capilene, fleece or wool underwear, top and bottoms
- 2 Pairs of gloves (lightweight and heavier weight)
- Scarf, buff, and bandanna
- Socks: thicker outer (wool) and thinner liners
- Wool or fleece hat, covering the ears
- Sun hat, preferably with wide brim

Hut lodging:

- Extra Cash, 50 Swiss Francs/day for hut extras (snacks, t-shirts, rosti, etc.)
- Spare underwear and socks
- Toiletries (minimum supply – some huts have limited running water)
- Down vest or light insulated jacket (optional)
- Light stuff sacs or zip lock bags to keep your backpack organized (optional)
- Silk sleeping sheet (wool covers and pillows are provided by the huts)
- Light hut slippers (optional) all huts provide slippers
- Alpine club card and rescue insurance documents
- Ear Plugs (optional but very useful for snoring folks)
- A small book and/or writing material

Other items:

- Passport
- Sunglasses (with very good UV protection, extra pair is a good idea)
- Sunscreen and lip protection
- Goggles
- A 1-liter Water bottle, preferably insulated (Camel backs not recommended)
- Headlamp with spare batteries
- Small Blister kit
- Snacks & lunches (candy bars, dried fruit and sausage, cheese, nuts, etc.)
- Personal items (Prescription medicine, glasses, contact lenses, etc.)
- Pocket knife or Leatherman tool
- Health/Travel insurance documents/numbers
- Zip-lock bag for wallet and other documents to keep them dry (recommended)
- Camera, batteries (optional)
- Skin wax (a small amount)

To be carried by the guide:

- Emergency communication devices (Garmin in-reach, VHF, etc.)
- Rope and technical gear
- Improvised emergency rescue toboggan
- Group first aid kit
- Maps and navigation tools
- Alternate plan adapted to changing conditions