

ITALIAN SKI TOUR EQUIPMENT CHECKLIST

Please ensure you have ALL the equipment listed below.

Also see our detailed equipment list for more information:

<http://www.aspiringguides.com/getmedia/c817710f-2030-444b-bbac-4e728bb11639/Winter-Equipment-detailed-list-14.pdf.aspx?ext=.pdf>

CLOTHING

Body

- o Base layer: 2x top & 1x bottom thermal underwear – polypro or merino e.g. icebreaker (no cotton)
- o Mid layer: fleece top
- o Mid layer: Insulating jacket e.g. primaloft, synthetic down or fleece
- o Shell jacket: water & windproof e.g. Gore-Tex
- o Shell pants/overpants: water & windproof e.g. Gore-Tex
- o Polartec mountain trousers

Head/face

- o Sunhat & scarf or buff for sun protection
- o Warm hat / balaclava
- o Snow goggles
- o Strong sunglasses

Feet

- o 2 pairs thermal socks

Hands

- o Lightweight thin polypro gloves
- o Warm windproof gloves

TECHNICAL EQUIPMENT

- o Light mountaineering harness
- o 2 x screw lock carabiners
- o Light weight crampons with anti balling snow plate
- o Light ice axe
- o Avalanche transceiver
- o Avalanche shovel & probe
- o 5 metres of 6mm prussik cord to make 1 short & 1 long prussik (this will be tied to the correct length at the start of the trip)

OTHER EQUIPMENT

- o Back pack (30-40 litres) with ice axe and ski attachments
- o Sleeping bag liner
- o Headtorch with LED plus sport beams & spare batteries
- o Personal medication (compeed, aspirin)
- o Small container of sun block & lip screen - maximum protection
- o Ear plugs for sleeping
- o Toothbrush & toothpaste
- o Handsanitiser (waterless, small bottle)
- o Swiss army knife or leatherman

TOURING EQUIPMENT

- o Ski touring boots/bindings/skis
- o Skins
- o Poles
- o Ski crampons

OPTIONAL ITEMS

- o 1L Thermos
- o Camera