



**THIS IS
SKI TOURING**

ON-PISTE SKI TOUR CHECKLIST

GEAR AND SAFETY EQUIPMENT

- Touring skis** with **ski touring bindings** (adjusted to your boot by a specialist retailer)
- Touring skins** compatible with the touring skis
- Suitable **crampons**
- Ski touring boots** (compatible with the binding model)
- Ski touring poles**
- Sunglasses / ski goggles**
- Sun cream** and **cap**
- Headtorch** (the days are short and even a minor mishap can be all it takes to be very glad of a headtorch)
- First aid kit** (one for every *three* people)
- Bivouac bag** (one for every *three* people)
- Mobile phone**
- Helmet**
- Backpack**
- If sections of the ascent or descent pass through unsecured areas, you should always carry a **shovel** and **probe** in your backpack and wear an **avalanche transceiver** on your body (check the batteries!). If you are not sure, it is better to take all three pieces of equipment with you just in case!
- Small repair kit with **cable ties**, **wire** and **tape**
- Drinks bottle** with a drink
- Power bars** or **nuts** as snacks

CLOTHING

- Base layer** – merino or synthetic fibre
- Change of t-shirt** for the descent
- Ski socks**
- Mid layer** (fleece jacket or Power Stretch)
- Insulated jacket** (down or synthetic fibre)
- Insulated skirt** or **shorts**
- Ski touring trousers** (softshell or with a breathable membrane)
- Hardshell**
- Thin gloves** for the ascent
- Thick gloves** for the descent
- Hat**

NICE TO HAVE

- Thermos flask** with tea
- Money** for taking a break at a hut

Presented by MDV Sports

