



**THIS IS
SKI TOURING**

ONE-DAY 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 with powder basket**
- Avalanche transceiver** (check the batteries!)
- Avalanche shovel**
- Avalanche probe**
- 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**
- Area map** (scale 1:25000)
- Tour description**
- Helmet**
- Backpack**
- Multitool** (for Marker bindings, all the important screws can be adjusted using a POZI 3 screwdriver)
- Small repair kit** with cable ties, wire, tape, spare pole basket and skin wax
- Drinks bottle** with a drink
- Power bars** or **nuts** as snacks
- Sandwich**

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/ buff**

NICE TO HAVE

- Thermos flask** with tea
- Money** for taking a break at a hut
- Blister plasters**
- Ski wax**

Presented by MDV Sports

