

Equipment List – Ski and Board Itineraries

It is often very warm when touring, particularly when ascending and your outer clothing will be in your rucksack making it heavy, therefore if you can, choose lightweight, good-quality equipment over bulkier cheaper items. However it may also be very cold, so a clothing system that is based on layers is best, this way you can control your temperature much more easily than if you were wearing one thick item, such as a one piece ski suit, these are to be avoided as they are not suitable. This equipment list is intended as a guide to what you will need on the mountain and doesn't cover your clothing etc for valley use. Also, quantities of items, e.g. socks and undergarments are a personal choice. We have made some recommendations based on our experience to help guide you towards the best equipment for our itineraries. Please contact us if you need any further specific advice on what to buy or bring.

Skis	Suitable for touring with touring bindings. Skis; we recommend all mountain freeride skis with waists of 80-100 mm for all round performance, we recommend K2 Apache series (Recon, Explorer, Outlaw, Shuksan, Mt Baker) and Scott Mission, we also like the Dynastar Manaslu and Salomon Shogun.
Bindings	We recommend either Fritschi Freeride+_(Explore is suitable with optional brakes rather than leashes) or Dynafit system. Marker Dukes/Barons are OK for single day tours however for multi day tours they tend to be quite heavy particularly when combined with a larger ski, if you're happy to push the extra weight – then we're happy
Board	All mountain Freeride board and Snowshoes, we recommend MSR Snowshoes or Voilé Split Board System.
Ski poles	Two piece flicklock telescopic poles with foam pole grip we recommend Black Diamond Traverse, however normal non adjustable ones are fine - either way make sure you have powder baskets
Climbing Skins	Preferably shaped ones that are cut to fit the ski – top and tail fix are best – A mohair/nylon mix gives the best compromise between lightness, glide, suppleness and longevity, we recommend Black Diamond STS Glidelite
Harscheisen	Ski crampons suitable for your binding and ski waist dimension (couteaux in French)
Ski Boots	Ski Touring Boots are preferable over Downhill boots, either way they need to be well fitted for maximum comfort, eg Scarpa, Garmont, Black Diamond and Dynafit all make a comprehensive range – there are so many models by each manufacturer that it is difficult to make a single recommendation – it is best to seek professional advice from a specialist boot fitting company such as ProFeet, London or Fall Line, Chamonix to discuss your skiing requirements and assess which boot is best for your foot shape. See links on our website.

It is possible to rent your ski equipment in Chamonix (cost not included). Please make sure you arrive in good time to hire equipment the day before. There are a number of shops you can hire from in Chamonix and you can order in advance via the internet, we recommend Sanglard Sports - see links on our website

Helmet	More and more of our clients are wearing helmets, even on multi day tours. It needs to be lightweight and comfortable with good ventilation for touring as you will most likely be carrying it when going uphill, we recommend Poc or Giro G10 series
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Rucksack	25-35 litres for day touring, 35-45 litres maximum for multi-day touring, must have straps for attaching skis or board, we recommend Black Diamond Covert 32L
Harness	Must be able to go over all clothing. We recommend Black Diamond Alpine Bod. This can be hired, but must be requested in advance.
Karabiners	2 screwgates, pear shaped, wide gate style. These can be hired, but must be requested in advance.
Long Sling	240 cms (8ft). This can be hired, but must be requested in advance.
Ice axe	Mountaineering style 50 – 60 cm, we recommend Grivel Air Tech.
Crampons	With crampon bag and anti ball plates. We recommend Grivel G10 and G12 series, Grivel make a Snowboard boot specific model G10 Wide. For lightweight aluminium we recommend Grivel Air Tech Light.
Transceiver	This can be provided, but must be requested in advance, we recommend Mammut/Barryvox Pulse.
Shovel	This can be provided, but must be requested in advance, we insist on metal and not plastic, we recommend Black Diamond Deploy or Transfer
Probe	This can be provided, but must be requested in advance, we recommend Black Diamond Quickdraw Super Tour 265
Headlamp	Lightweight LED type, we recommend Petzl Tikka.
Base layer	Long sleeved, Synthetic or Merino wool, we recommend Patagonia Capilene 2 and Merino 2 range.
Mid Layer	Long sleeved, Synthetic or Merino wool, we recommend Patagonia Capilene and Merino 3 or 4 range or R2 fleece.
Top Layer	Lightweight synthetic or down vest or jacket, we recommend Patagonia Micro Puff Vest or Jacket (hooded version available).
Jacket	Soft Shell, we recommend Patagonia Ascensionist Jacket.
Trousers	Soft Shell trousers, lightweight ski pants or salopettes, we recommend Patagonia Backcountry Guide Pants.
Outer Jacket	Waterproof and Breathable, Goretex or similar with appropriate hood, we recommend Patagonia Stretch Element and Primo Jackets.
Over-trousers	Waterproof and Breathable, Goretex or similar, with full side-zips (easier to take on and off and control temperature), we recommend Patagonia Stretch Element and Primo Pants.
Socks	Suitable for your ski boots.
Hat	Woollen beanie or similar.
Balaclava	Spare headwear, Patagonia R2 or similar.
Gloves	Two pairs, thin (single layer) with synthetic or leather palms and thick (double layer) with synthetic or leather palms and waterproof/breathable shell/lining, we recommend Black Diamond Kingpin (thin) and Black Diamond Patrol (thick).
Sun hat	Baseball cap or full brim style for sun protection
Sun glasses	Good quality, protection category 3 minimum, either wraparound or with side pieces, we recommend Oakley.
Ski goggles	Good quality, high contrast lens for low visibility, we recommend Poc or Oakley.
Sun cream	High protection factor depending on your skin type.
Lip salve	High protection factor.
Small thermos flask	Lightweight stainless, 0.75 litre max.
Water Bottle	Hydration systems tend to freeze in Winter, we recommend large neck Nalgene or similar, 1 litre max.
Personal items	Personal medication (please inform us on your medical declaration), Compeed blister plasters, plasters, painkillers (ibuprofen/paracetamol), small pack towel, small soap (washing facilities are limited so baby wipes are a good option for personal hygiene), toothbrush and small toothpaste, ear plugs, spare batteries.
Velcro ski strap	Used for making an 'A' frame with your skis to carry on the back of your rucksack.
Sleeping bag liner	Required in most alpine huts for hygiene, we recommend silk, more compact and lighter than cotton

Camera	Make sure you have sufficient battery power and film/memory cards as there is not always the option of recharging in high mountain huts
Lunch	Snacks and lunch items can be bought locally before leaving on itineraries. It is possible to get snacks and packed lunches from high mountain huts
Insurance	Rescue, medical and repatriation cover
EHIC medical card	For UK citizens. Replaces old E111 for reciprocated healthcare in Mainland Europe.
Passport	Check that it is valid for itinerary countries and in date
Money	Appropriate denomination to cover personal expenses, snacks, lunches, soft and alcoholic drinks - credit cards are not always accepted in mountain huts
Optional Items	These are items that can be useful during a multi day tour – it would not be expected that you would wish to bring all of these; book, iPod, mobile phone (reception and charging facilities are normally limited, playing cards, notebook and pen, map and compass

You will be required to carry all of your items with you and the lighter you can keep your rucksack, the more you will enjoy your itinerary. Before you add that extra item that may be useful, remember that light plus light plus light equals heavy.