

Skiing Kit List

If you don't have any of the items you need, ask us for advice on what to buy. If you're in Ambleside and need to buy any kit, try The Climbers Shop in Compston Road, where you'll get a 10% discount if you mention that you are my client. Items marked * can be hired from us for £5 per item per day. Items marked # are provided free of charge if you don't have your own, but must be replaced if lost.

E= essential A=advised

ITEM	NOTES	SKI TOURING	OFF PISTE SKIING
Ski boots		E	E
Skis and poles		E	E
Ski touring equipment	Boots, skis, skins can be hired locally as needed	E	
*Mountaineering crampons	C2 12 points eg Petzl Vasak. Can be clip-on or strap-on, depending on what fits best with your boots. Anti-balling plates are recommended	E	A
Ski touring crampons	eg Grivel Haute Route or Grivel Air Tech Light	E	
Crampon bag	Simple is best. No zips to break!	E	
Ski touring ice axe	Eg Camp Corsa Nanotech	E	E
#Climbing Harness	With adjustable leg-loops, so it can be fitted over thick clothing without removing boots etc, eg Black Diamond Bod style	E if skiing on glaciated terrain, otherwise not needed	
#8' sling with screwgate karabiner			
#Belay plate with HMS karabiner	eg Black Diamond XTC		
#Ice screw & stopper	Charlet Moser Laser, Grivel Extrabite, or BD Express		
Waterproof jacket	Please make sure when choosing a Jacket that the hood fits comfortably over a ski helmet.	E	E
Avalanche transceiver, shovel & probe	Must be hired in resort if you don't have them	E	E
Waterproof trousers	Should have at least a knee-length zip so they can be fitted over trainers or boots (a full-length zip in the legs is preferable for mountaineering)	E	E
Warm gloves and hat	Three pairs of gloves: warm ski gloves, Dachstein mittens, and thin gloves. One warm hat	E	E
Sun hat or cap		E	E
Buff	Doubles as spare hat or neck protection	A	A
Rucksack	50-55 litres, eg Lowe Alpine Attack. A strong plastic liner or Exped dry bags useful for keeping contents dry	E	E
Day sack	20-30 litres	A	A
Prussik loops	3 prussiks if you already have them, or 4m of 5-6mm soft cord to make them up when you arrive	E	E
Bivvi bag	Large polythene survival bag/rab survival zone	E	
Headtorch with spare batteries	eg Petzl Tactikka Plus	E	E
Glacier glasses	plus spare pair of sunglasses if you have them. Cat 3/4 essential to protect eyes against sun and snow glare. Glasses must fit close to your face, or have side panels to prevent light leakage	E	E

ITEM	NOTES	SKI TOURING	OFF PISTE SKIING
Clothing	Thermal top & bottom, two thin fleece tops, tracksuit bottoms or lightweight trousers, walking socks, shorts, t-shirts, etc	E	E
First aid kit	Small personal pack including treatment for blisters	E	A
Water bottle	eg Nalgene, 1 - 1.5 litres	E	E
Sun screen	Factor 15 minimum for skin, plus total block for lips	E	E
Lightweight sheet sleeping bag	For using in mountain huts, silk is expensive but best	E	
Compass, map, map case, watch	Ortlieb cases are excellent. A watch with an alarm is very useful for early starts	A	
Mobile phone		E	A
Towel & wash kit		A	A
Camera		A	A
Current passport and appropriate skiing insurance		E	E
Money	Local currency can be obtained using credit & debit cards from cash machines. Some mountain huts and cable cars accept cards	E	E