



SKIING KIT LIST

	Heliskiing	Ski Touring	Day Ski Guiding
Warm hat	●	●	●
Sun hat		●	
Headlamp		●	
Sun glasses	●	●	●
Goggles	●	●	●
Sun block	●	●	●
Thermal underwear	●	●	●
Fleece layers	●	●	●
Wind and waterproof jacket	●	●	●
Wind and waterproof trousers	●	●	●
Thick gloves	●	●	●
Thin gloves	●	●	●
Downhill ski boots	●		●
Ski touring boots	●	●	●
Downhill skis	●		●
Touring skis, skins and harscheisen	●	●	●
Poles	●	●	●
20-30L Rucksack	●		●
35-45L Rucksack		●	
Water bottle	●	●	●
Avalanche transceiver	●	●	●
Shovel and probe	●	●	●
Harness	●	●	●
Crampons	●	●	●
Ice axe	●	●	●
Screw gate carabiner	●	●	●
60-120cm Tape sling	●	●	●

Note:

- 1. The above list is a suggested guide to what kit is required for different activities, and is neither supposed to be comprehensive nor prescriptive, as not every item needs to be included in every case.*
- 2. All technical equipment items can be hired if you do not have your own.*