

# Ski Touring single day Equipment list

## Equipment list

| <i>quantity</i> | <i>description</i>                 |
|-----------------|------------------------------------|
| 1               | snow shovel                        |
| 1               | A.R.T.V.A. (avalanche transceiver) |
| 1               | Sonda - Probe                      |
| 1               | ABS backpack (if you want)         |
| 1 pair          | (telescopic) ski poles             |
| 1 pair          | skis                               |
| 1 pair          | skins                              |
| 1 pair          | touring ski boots                  |
| 1 pair          | ski crampons                       |
| 1 pair          | ski gloves                         |
| 1 pair          | spare gloves                       |
| 1               | (set of emergency batteries)       |
| 1 or 2          | sun glasses + goggles              |
| 1               | back pack, good condition 30-45L   |
| 1 pair          | wool socks                         |
| 2 pair          | silk socks                         |
| 1               | Base layers sets                   |
| 1               | Mid layer                          |
| 1               | Soft Shell or Fleece               |
| 1               | Gore-Tex jacket and pants          |

| <i>quantity</i> | <i>description</i>                   |
|-----------------|--------------------------------------|
| 1               | Windstopper hat                      |
| 1               | sun hat                              |
| 1               | (personal first aid kit)             |
| 1               | sun cream high protection            |
| 1<br>for 3 pax  | repair kit + steel wire + super glue |
| 1               | knife                                |
| 1               | thermos                              |
| 1               | foto camera                          |
| 1               | schnaps flask                        |
|                 | emergency food and drinks            |
| 1               | (helmet)                             |

*only if requested by the program:*

|        |                                 |
|--------|---------------------------------|
| 1 pair | crampons                        |
| 1      | Ice-axe                         |
| 1      | Harness + 1 screwgate carabiner |

THE LIST IS FOR INFORMATION ONLY BUT WE SUGGEST YOU FOLLOW IT