



## ALL MOUNTAIN ADVENTURES

### ALPS SKI TOURING EQUIPMENT LIST

Ski touring in the Alps is unique in that the extensive system of huts allows for travel with very light packs. All the huts are well equipped and run by a small staff of hut keepers. They are all excellent cooks and prepare all of our tasty meals. With food and sleeping accommodations provided, we are able to travel light in terrain that would be much too difficult and dangerous with heavy overnight gear. So as you assemble your equipment think, "light!" Any extraneous items add up quickly and make the days objectives feel much harder than necessary.

Spring weather in the Alps can change quickly from blazing hot sunshine to blizzard cold conditions, so we must prepare for it. When putting your "layering system" together there's one simple rule, "each subsequent garment should fit over the last." If you have two of the same garments, one should stay behind. There will be ample time to pack before we start the tour, so if unsure, don't hesitate to bring a few extra items as they can be felt behind.

#### Clothing

- Scholler Pants** (synthetic pant with a hard finish) These are the "do it all" pants. They stay cool enough in hot weather and are very resistant to wind and water during inclement weather. example: Marmot's scree pant
- Waterproof Pants** - You will need something for truly bad weather. Make sure they are lightweight, have a side zip (so they can be put on over ski boots), and are waterproof. example: Marmot's Precip Pant
- Lightweight Long Underwear Bottoms (optional)** - Scholler pants and a shell should be plenty for even the worst weather. However, for those who have a tendency of getting cold, a thin pair of long underwear is advised.
- Light Weight Cotton T-shirt** - comfort in the huts
- Long Underwear Top** - lightweight synthetic example: Marmot Lightweight Crew
- Mid weight fleece top**- a good over layer to the long underwear top, example: Marmot's Power Stretch (half zip)
- Heavy weight fleece top (optional)** - If your layer system is dialed, this one isn't needed. However, this layer should be a lightweight soft shell or heavier fleece. It should fit over the mid weight top and under your waterproof jacket and lightweight synthetic/down jacket, example: Marmot Super Hero or Ascend Jacket
- Lightweight Synthetic/Down jacket** - something lightweight, packable, yet warm, example: Marmot's Baffin Jacket
- Lightweight Waterproof/Breathable Jacket (with hood)**- Typical lightweight Gor-tex jacket. Another option is a good "soft shell" jacket, as long as it has a hood, examples: Minimalist Jacket or Genesis Jacket
- 2 pairs of Ski Socks** - Go with what fits your foot and boots the best.
- Thin Gloves** - comfortable, durable and lightweight, example: Marmot Spring Gloves
- Ski Gloves** - Warmer, thicker and still lightweight, example: Marmot Randonnée Glove

- Warm Ski Hat**- covers ears, example: Marmot Summit Hat
- Neck Gaiter**- the cool and classic “buff” or bring a traditional neck gaiter
- Sun hat or visor**
- Town clothes and shoes** - Obviously they will be left behind, while we tour.

### Skiing and Climbing Gear

- Skis/Board**- Randonnée (Alpine Touring), Telemark, or Split Decision. Go with a lightweight pair, that still has some girth underneath and rigid enough for your skier type. A wider ski makes harder conditions easier, however if too heavy makes easy up hill feel hard. So finding a lightweight semi-fat ski that matches your ability is the goal.
- Ski Bindings** - either Dynafit, Fritschi, Silvretta, or something comparable. Marker Duke and Baron’s are way too heavy for multi-day tours. We prefer the lightweight Dynafit system, since it is about a third the weight, however you do need Dynafit compatible boots. And, be aware as this binding can be a bit tricky and finicky, so make sure you have spent enough time skiing with them before hand.
- Ski Boots** - Randonnée, Telemark, or Snowboard, we recommend getting a pair with “thermo-fit” liners. If you go with Dynafit bindings make sure you have dynafit compatible boots. If in Boulder, Chuck Bird at Neptune Mountaineering is the best boot fitter!
- Ski Crampons** - Required! You will need to equip your skis with removable ski crampons.
- Ski brakes**- the best option for easy use and avoiding the runaway ski. Ski leashes are the other option, however less ideal.
- Ski Skins** - make sure they fit your skis well. Tail clips are recommended! Wet, snowy and generally not sticky skins make life miserable. Skins should be cut to cover just the p-tex, while leave the whole edge exposed. Having an edge while skinning across hard packed slopes is critical.
- Ski Poles** - A two section pole can be useful for touring, allowing you to shorten them up for downhill skiing and lengthen them out for long sections of poling or skating.
- Ski Strap** - A strap to hold your skis together when carried on your pack or over the shoulder
- Ice Axe** - Light is right! There are a number of great lightweight tools on the market, produced by Camp, Black Diamond and Petzl. All aluminum axes (aluminum head and shaft) are super lightweight tools and are great for our application of just snow climbing. These tools are not great for any form of ice climbing, so you might consider a more versatile tool if you plan multiple applications for it. Ice axe leashes are not needed!
- Boot Crampons** - Are needed for some of the steeper ascents we make. Again, aluminum crampons are perfect for this application. They are not as durable as steel, and they are not great on real ice climbing, but for our purposes they are perfect. Companies who make aluminum crampons are Camp, Stubai and Grivel.
- Pack** - A simple and lightweight pack is recommended. 35 liters is all that is needed and one with ski attachments. Try and avoid going any bigger as more space is not needed, the pack weighs more, and is usually much harder to ski with. example: Marmot Eiger 35.
- Climbing Harness** - A lightweight simple harness is ideal. A belay loop and adjustable leg loops are nice to have.
- 2 Locking Carabiner/ 1 non-locking carabiner**
- 1 Double Shoulder Length Sling (5’)**- Lightweight pre-sewn Dyneema

- 1 5' x 5mm cord (Prussik Cord)**- Tied together with a water knot or flat overhand

### Miscellaneous

- Food** - Breakfasts and dinners in the huts are included in the trip price. If you prefer to keep your load light, you can have the hut make you a sack lunch (it's an additional cost to you, but well worth it). Usually, we start the tour with a few snack foods, that might last a day or two. Vegetarians are welcome! Please let us know, so we can make our request to the guardian.
- Water bottle or Thermos** - a small, lightweight thermos is nice for stormy days
- Extra Water Bottle**- one liter size
- Headlamp** - since headlamps are used only in the huts, we prefer to go with the lightweight Petzl Tikka, or similar LED headlamp.
- Small Personal First Aid Kit**- Moleskin, athletic tape, Second Skin or Compeed (great for blisters), Ibuprofen, aspirin, prescription drugs.
- Sun Glasses** - a good pair with 100% UV protection.
- Ski Goggles** - Light or amber lenses, used during bad weather.
- Sunscreen** - 30-40 SPF and in a small container. Bring just enough for a week! Remember we're covering just our faces, necks and sometimes arms.
- Lip Protection** - with SPF
- Toiletries** - Go light! Little tube of toothpaste, etc. Toiletry weight adds up quickly.
- Ear Plugs** - great for the noisy huts.
- Camera**- consider bringing an extra battery and a large-capacity memory card, depending on how often you shot.
- Passport** - We prefer to leave our passports, plane tickets, etc. safely back in town. We suggest bring a photocopy of your passport while on the tour.
- Money** - ATM cards are great for cash and most hotels, shops and restaurants accept credit cards. In the huts, it is typical to bring 25-35 dollars of that currency per night for drinks, lunch and other hut treats.
- Extra Batteries**- Supply your beacon and headlamp with fresh batteries. They should last the whole trip, however it's always a good idea to bring an extra set of batteries. Hopefully both accept AAA, so usually 3 extra AAA batteries are all you need.

### Equipment Provided If Necessary

- Transceiver** - If are practiced with your own beacon, of course bring it. However, we do supply BCA Tracker's to those who need one. These are great, simple and very effective beacons if in the market for one.
- Probe**- provided if necessary
- Shovel** - provided if necessary

### Group Equipment Provided

- **Repair kit** - We carry a small repair kit for minor repairs to poles, bindings, and other equipment.
- **Maps**- we carry appropriate maps for the area. If interested in your own let us know when you arrive.
- **Radio, cell phone, Group First Aid, Evacuation Sled, and Rope.**