

To ensure lasting pleasure with your DIAMIR bindings, you can find interesting and useful tips here.

Tour ABC

Please note our Tour ABC and MAKE IT A PERFECT DAY:

A Accessories: The right equipment is the most important thing in the mountains.

Accessories for bindings are as follows:

- Crampon
- Return spring
- Safety leash
- Ski brake

B Bar: Diamir bindings stand for excellent downhill qualities: their high stability and unequalled direct and even power transmission to the high standards of Alpine bindings guarantee genuine fun when turning – both in powder and on the piste. **Free-gliding bar.**

Behaviour: If you would like to find out more on the subject of correct behaviour, safety, snow mantle structure, the danger of avalanches, consult a mountain school or order free information from www.slf.ch or www.bfu.ch

Breaks: Take breaks during your tour and enjoy the wonderful mountain setting.

C Cabins: [SAC cabin search and reservations.](#)

Carefree pleasure: If you learn to assess the mountain dangers correctly, you can protect yourself more effectively and enjoy winter sports without having to worry.

Most **mountain schools** offer courses.

CH – Swiss Made: Fritschi AG Swiss Bindings, based in the highlands of Bern, Switzerland, provides genuine **Swiss quality**: the 160 individual components required for the manufacture a pair of bindings are procured almost 100% from Switzerland.

Crampons: Incomparable comfort for long ascents: **very simply operation of all functions.**

Crossing: The **DIAMIR crampon** provides a stable position in every situation, making it an excellent companion on the mountain.

D **DIAMIR:** The Swiss company Fritschi AG Swiss Bindings specialises in the development, manufacture and sale of **tour bindings**.

Diet: The correct diet starts before you even start. Be sure to eat carbohydrates the day before so as replenish your reserves of strength. Eat energy-rich food during the tour, too. You will find interesting information on this subject here: www.sge-ssn.ch

Drinks: Drink before, during and after the tour. Your body needs lots of liquid.

E **Elevator:** **Incomparable comfort on long climbs:** very easy operation of all functions and maximum stability make for a uniquely sure-footed climb – giving a pleasant walking sensation and allowing easy mastery of difficult situations.

Equipment:

- Touring skis with a broad shovel and a larger contact area make skiing in powder simpler and more fun.
- In addition to touring skis with the relevant touring bindings by DIAMIR, you will also require accessories such as ski brakes, crampons and skins. Ensure that the skins fit the skis in terms of length and sidecut.
- A ski touring boot must have a non-slip and abrasion-resistant rubber sole, be comfortable to walk in and provide optimum stability for downhill skiing.
Your **local sports retail outlet** will be pleased to advise you.

Events: **DIAMIR promotion tours and free-ride events.**

F **Fog and clouds:** Only go out when visibility is good. Be sure to take a map, altimeter and compass should the weather change.

Friends: If possible, avoid going out on your own – enjoy your mountain tour with friends!

H **Help:** Rega emergency call 1414

I **Intact mountain environment:** During the winter months, many animals are in hibernation. The animals should not be disturbed during this period. Generally speaking, animal protection zones are marked.

M **Morning:** Early risers get the best deal! Reaching the peak as the day breaks is a fascinating natural spectacle!

Mountain schools: Many mountain schools offer training courses or guided tours, in some cases they also rent out the necessary material.

You can find out more from the [mountain school](#) itself.

- O** **Onion principle:** Dress according to the onion principle: the more layers the better. It is also recommended that you take along spare clothes.

Organisation: Organise your tour:

- Ask friends if they would like to share the experience with you
- Get hold of the right equipment (in some sports shops it can be hired)
- Plan your route – determine your climb and descent.

- P** **Pack list:** [Download](#)

Power Transmission Control: Diamir bindings stand for [excellent downhill qualities](#): their high stability and unequalled direct and even power transmission to the high standards of Alpine bindings guarantee genuine fun when turning – both in powder and on the piste.

Pre-tour check:

- Do you have an avalanche transceiver, probe and shovel with you?
- Is the avalanche transceiver switched on, have you checked the batteries?
- Have you checked your equipment?

- R** **Risks:** Minimise the risks by doing the following:

- Avoid driven snow, ridge positions, gullies and slopes in the shade
- Avoid the steepest slopes
- Turn round if spontaneous avalanches or “whum” noises emerge from the snow mantle
- Pay attention to breaks in the snow mantle

Risk of avalanche: Always wear an avalanche transceiver. You can obtain information on these devices from your local sports retail outlet. Listen to the current avalanche bulletin, weather report and any warnings issued by piste and rescue services.

For more information see www.slf.ch

- S** **Sun block:** In the mountains and snow you are exposed to intensive insolation so be sure to use sun lotion with a high protection factor and wear good sunglasses!

- T** **Tour guide:** You will find an online tour guide for the entire Alpine region [here](#).

W **Weather report:** **Weather and snow condition**

You can obtain weather information by phone as follows:

Alpine weather 1.-- Fr/min: 0900 552 138

Special weather 1.-- Fr/min.: 0900 552 111

Personal weather consultation 3.-- Fr./min.: 0900 162 333

Y **Yodelling:** Yodel when you get to your destination – it will refresh you and give you an energy boost!