

Ski tour checklist

Clothes

- Winter anorak and trousers
- Breathable pullover
- Ski socks, spare socks
- Quick-dry thermal underwear
- Underwear, spare underwear
- 2 pairs of gloves (light and warm)
- 2 caps (light head covering and warm cap)
- Overnight clothing if needed

Ski equipment

- Touring skis
- Skins
- Crampons
- Ski touring boots
- Ski or telescope poles
- Avalanche transceiver (battery charged?)
- Avalanche shovel
- Avalanche probe

Miscellaneous

- Sunglasses with high UV protection
- Ski goggles
- Spare pair of glasses (for those who wear glasses)
- Sun block and lipstick with high UV protection
- Thermos flask
- Penknife
- Small torch/head lamp
- Toiletry items
- Towelettes
- Ear plugs (to sleep well in SAC cabins)
- Photo equipment and binoculars if required
- Possibly maps
- Backpack with hip belt (30 – 40 litres for tours lasting more than one day, 20 – 30 litres for day tours)