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Ski Mountaineering Kit List

Just remember, every extra kilo on your back knocks 10% off your enjoyment on the descents! Getting hold of the best and lightest kit available is always worth it.

Waterproof Jacket - lightweight + breathable.

Overtrousers - with long side zips.

Rucksack - 35 - 45l Avoid ones covered in features, they weigh a ton!

Socks - Warm loop lined pair + spares.

Wicking thermal top - not cotton please...

Fleece mid layer - or equivalent

Thermal leggings - or Mountain Trousers

Thin Inner Gloves + Warm Ski Gloves

Warm Hat

Spare Fleece Top

Water Container - at least 1 litre.

Headtorch + batteries

Personal medications - blister kit

Ski Goggles

Sun Glasses - (CE rated 3 or 4) + **Sun Hat**

Sun + lip cream - (factor 15+).

Small wash kit

Ski Mountaineering Boots

Skis with Touring Bindings

Ski Poles - with decent baskets. Normal poles are fine.

Skins + Harscheisen - (ski crampons)

Shovel

Probe

Avalanche Transceiver

Harness and locking karabiner.

Crampons - light or full weight .

Ice Axe - lightweight preferable.

Possible Extras:

Silk sheet liner + ear plugs for huts

Items available from Ollyguide Hire Kit. See pdf download for prices.

