

TIPS FOR SKI TOURING EQUIPMENT

On the body at the start of the tour:

- Underwear Long
- Mid layer / thin fleece
- Vest or sweater
- Ski jacket (wind- and waterproof)
- Ski pants (wind- and waterproof)
- Ski touring boots
- sunglasses
- Sunscreen applied
- Cap or headband, thin to medium gloves
- Helmet (not a must, personal choice)
- Avalanche beacon with carrying holster over middle layer of clothing
- Touring skis with skin and crampons, telescopic poles

In the backpack:

- Backpack approx. 25L
- shovel, probe
- down jacket or warm jacket
- spare shirt to change
- Thick spare gloves (depending on weather)
- ski goggles
- sunscreen
- food and drinks; at least 1 liter
- Technical equipment depending on the tour: harness, ice axe, crampons, helmet

If staying overnight in a hut:

- Hut sleeping bag
- toiletries (only the most necessary)
- Socks, spare shirt, light slippers

If possible, all things should be stowed in the backpack, so that nothing dangles outside. The lighter the backpack, the easier the tour!!!