

MATERIAL LIST FOR YOUR SKI TOURING TRIP:

HARD MATERIAL

Skis with ski touring bindings. We recommend skis with a minimum width of 90mm to make the most of the drops in powder snow, although this is not essential

Skins

Blades

Ski poles

Ski Touring boots

Crampons

Ice axe

Avalanche safety material (shovel, probe, Arva)

Backpack, 30l capacity, which skis can be attached to

CLOTHES

This list includes a series of tips on the necessary garments, although the stores are full of the latest models!

But we do recommend clothing that is light, warm, and comfortable

For the head

Warm beanie and a buff for the neck.

Ski goggles and sunglasses with UV4 protection.

Ski helmet (recommended)

For the body

Technical undergarments: T-shirts and long tights to go under ski pants. Preferably of merino wool since it is very breathable and antibacterial, so it retains odours less than synthetic garments

Second layer: Polar or synthetic garment that slides well under the Gore-Tex

Down or Primaloft to keep you warm once you've reached the summit, or on cold days

Waterproof outer garment, such as a Gore-Tex jacket

Soft Shell type pants and / or a Gore-Tex type trouser is also advisable for days of wet snow, cold or windy days

Light gloves and warm gloves, these latter Gore-Tex type waterproofs. Silk gloves advisable for interior of gloves

For the Feet

Ski socks recommended with merino wool because it has the advantage of being very breathable and antibacterial, so it retains odours less than synthetic materials. Think about it if you have to re-equip yourself

Baggage and several

1l water bottle or Camelback, Thermos, pocket knife, duct tape, 50 index sunscreen

Basic emergency kit

Your usual medication, set of adhesive dressings, Elastoplasts, disinfectant compresses, pain medication (Aspirin or Ibuprofen type), broad range of antibiotics recommended