

# EQUIPMENT LIST FOR YOUR SKI TOURING TRIP

## HARD EQUIPMENT

- Skis with ski touring bindings. We recommend skis with a minimum width of 90mm to make the most of the descents in powder snow, although this is not essential.
- Skins
- Ski crampons
- Ski poles
- Ski touring boots
- Crampons
- Ice axe
- Avalanche safety material (shovel, probe, DVA)
- Backpack with a 30-liter capacity, on which skis can be attached.

## CLOTHES

This list includes a series of tips on the necessary garments, although the stores in Andorra 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 a UV4 protection
- Ski helmet (recommended)

### For the body

- Technical underwear: tee-shirts and long leggings 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 jacket to keep you warm once you have reached a summit, or on cold windy days.
- Waterproof outerwear, such as a Gore-Tex jacket
- Soft Shell type pants and / or a Gore-Tex type of trousers are also recommended for snowy, cold or windy days
- Light gloves and warm gloves -Gore-Tex waterproof type-. Silk gloves are recommended as a first layer of gloves

### **For the Feet**

- Ski socks made of merino wool are recommended because they have 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 OTHER ITEMS**

- 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)
- A broad range of antibiotics is recommended.

