

"THERE'S NO SUCH THING AS A BAD WEATHER, ONLY INAPPROPRIATE CLOTHING" RANULPH FIENNES

1151

**OFF-PISTE SKIING INTRO KIT** 

## **OFF-PISTE SKIING INTRO KIT LIST**

By the end of our off-piste ski touring intro course you will be able to ski in all sorts of snow conditions. The secret to a trip like this is layers, and lots of them. Below is a list of our recommended kit for your trip.

You can find more detailed information below and what that looks like on the trip page here. As always, if you have any questions or concerns then drop us a message.

## **KEY CLOTHING ITEMS**

CLICK HERE FOR THE DOWNLOAD OF THE FULL OFF PISTE SKIING INTRO KIT LIST

# **OFF PISTE SKIING INTRO KIT LIST**

#### TOPS

- sulated mid layers (fleece, soft shell or light down lacket)

#### BOTTOMS

- layer leggings

## HEAD GEAR

## HAND GEAR

Thin softshell gloves
 Thick warm gloves

## FOOTWEAR

#### **ACCESSORIES / OTHER**

- Headiamp plus spare batteries
  First aid kit and relevant medicatio
- Mobile phone
- Snacks (bars, gels, dried fruit)
  Water bottles (1-1.5.)
- Water bottles (1-15L)
  Copy of passport and insurance policy
- Credit card / cash for personal expenses

## SKI KIT

- Ali mountain skis and
- Ski boots
- Ski backpack
  Avalanche transceiver

#### **2 BASE LAYER TOPS**

You'll wear this everyday as your first layer so it's worth bringing a minimum of two so you always have a dry one to wear. Something Like: The 'Ove' or 'Mar' by Jottnar but ideally longsleeve.

#### **2 INSULATED MID LAYER**

There are a few options here depending on your preferences but this needs to be either a warm fleece or a thicker base layer item. This is one of your key insulating layers so something comfortable and technical is recommended. Something like: The 'Erling' or 'Heimdall' from Jottnar.

#### **1 SYNTHETIC DOWN JACKET**

A synthetic down jacket comes in handy when an extra layer of warmth is required, which can also be removed easily when too warm. Synthetic down is more breathable than feather down jackets. Something like: The 'Asger' or 'Floyen' jackets from Jottnar are ideal.

#### **1 HARDSHELL WATERPROOF JACKET**

A hardshell jacket of Gore-Tex, or similar standard, is one of your key pieces of kit. Make sure it's big enough to wear over multiple layers and that it comes with a hood. You'll use this if the weather becomes a little wild and you need protection from wind and snow. Something like: The 'Hodr', 'Grim' or 'Odin' Jottnar hardshell jacket.

#### **1 LIGHTWEIGHT, DURABLE SKI TROUSER**

You will spend all week in these ski pants so make sure they are good quality. They must be Hardshell of Gore-Tex or similar standard, to keep you dry and protected in all conditions. Something Like: The 'Magan' or 'Vanir' from Jottnar works well.

#### **1 BASE LAYER LEGGINGS**

Make sure you've got some three quarter length or full leg, lightweight leggings to keep you warm and toasty if the forecast is particularly chilly.

#### **3 HATS / FACE COVERINGS**

1 sun cap, 1 warm hat that covers your ears and 1 buff. The idea should be that if needed, you can cover every part of of your face in bad weather.

#### EYEWEAR

You'll need sunglasses with Cat. 4 sunglasses (ideally glacier glasses with side shields), that provide 100% UV protection. We recommend VALLON Heron Glacier sunglasses. You'll also need some goggles (ski goggles are ideal), that can be easily thrown on if it's windy. We recommend VALLON's Freebirds™ goggles.

Adventure Base clients get 15% off your first order - Learn more here

#### HAND GEAR

A thin glove is not essential for a trip like this but still useful. Invest in a good thick pair of ski gloves, ideally Gore-Tex so you remain protected in all weather conditions.

#### BACKPACK

We recommend between 20-30 litres pack but it all depends on how you like to pack and what you like to bring. Something like: The Osprey Mutant 38 Litre

#### SKIS AND SKI POLES (CAN BE RENTED)

The world of skis has come on a long way from the days of long wooden skis. There are so many different options to choose from now but we can help make sure you rent the right gear when you get out here. Ideally you're looking for something a little chunkier under foot suited for all mountain conditions.

#### SKI BOOTS (CAN BE RENTED)

Good alpine boots will make sure you're snug and secure for those big ski moments. Much like the skis there are so many options to choose from so feel free to get in touch if you're thinking about buying any.

#### AVALANCHE KIT (CAN BE RENTED)

Transceiver, shovel (not plastic) and probe. You can buy all three in a kit, or rent locally. Something Like: Black Diamond Recon Avy Set

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