



ADVENTURE
BASE

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

SNOWSHOEING KIT LIST

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Expect the unexpected on this trip. While we would love to guarantee warm, sunny weather for the snowshoeing experience, we can't. Weather can change quickly and you can go from warm and dry, to wet and cold in a matter of hours so being prepared is critical. Make sure you've got plenty of layers and we strongly advise that those layers are high quality. That said, you've got to find a balance between being prepared and not carrying too much weight. You spend anywhere from 5-10 hours on your feet a day with some serious altitude gains so you will thank yourself for not overpacking on this trip.

Below is a list of our recommended kit for your trip. As always, if you have any questions or concerns then drop us a message.

KEY CLOTHING ITEMS

SUMMARY

- Hard-shell waterproof shell jacket (GORE-TEX or similar)
- 1 x Down jacket
- 1 x Insulated mid layers (fleece, soft shell, or light down jacket)
- 2 x Base layer tops
- Hard-shell ski touring pants (GORE-TEX or similar)
- Base layer leggings
- Underwear
- Sun cap
- Warm hat
- Buff
- Cat 4 glacier sunglasses
- Ski goggles
- Thin softshell gloves

- Thick warm gloves
- Warm socks (Merino wool is ideal)
- Headlamp plus spare batteries
- First aid kit and relevant medication
- Mobile phone
- Snacks (bars, gels, dried fruit)
- Water bottles (1-1.5L)
- Wash kit (Ear plugs recommended)
- Copy of passport and insurance policy
- Travel clothes
- Credit card / cash for personal expenses
- Travel towel
- Sleeping bag liner
- Touring skis
- Touring bindings
- Ski boots
- Ski poles
- Skins
- Avalanche transceiver
- Snow shovel
- Avalanche probe
- Ski crampons

- Backpack (35-45L)
- Ski strap
- Helmet
- Ice axe
- Boot crampons
- Harness
- 2 x Screw-gate karabiners

BERNESE OBERLAND KIT LIST

TOPS

- Hard-shell waterproof shell jacket (GORE-TEX or similar)
- 1 x Down jacket
- 1 x Insulated mid layers (fleece, soft shell, or light down jacket)
- 2 x Base layer tops

BOTTOMS

- Hard-shell ski touring pants (GORE-TEX or similar)
- Base layer leggings
- Underwear

HEAD GEAR

- Sun cap
- Warm hat
- Buff

- Cat 4 glacier sunglasses

- Ski goggles

HAND GEAR

- Thin softshell gloves

- Thick warm gloves

FOOTWEAR

- Warm socks (Merino wool is ideal)

ACCESSORIES / OTHER

- Headlamp plus spare batteries

- First aid kit and relevant medication

- Mobile phone

- Snacks (bars, gels, dried fruit)

- Water bottles (1-1.5L)

- Wash kit (Ear plugs recommended)

- Copy of passport and insurance policy

- Travel clothes

- Credit card / cash for personal expenses

- Travel towel

- Sleeping bag liner

SKI KIT

- Touring skis
- Touring bindings
- Ski boots
- Ski poles
- Skins
- Avalanche transceiver
- Snow shovel
- Avalanche probe
- Ski crampons
- Backpack (35-45L)
- Ski strap
- Helmet
- Ice axe
- Boot crampons
- Harness
- 2 x Screw-gate karabiners

HARDSHELL WATERPROOF JACKET

A hardshell jacket 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.

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.. Something like: The 'Asger' or 'Floyen' jackets from Jottnar are ideal.

FLEECE / 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.

THERMAL TOP

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). We recommend moisture wicking material as you will work up a sweat on the uphill but you want that moisture to disappear so it doesn't freeze when you stop at the top. Something Like: The 'Ove' or 'Mar' by Jottnar but ideally long-sleeve.

THERMAL TOP

Trekking T-Shirts / Tops are what you're likely to spend the majority of your time in. The Alta Via 1 Trek is often completed in the summer so days can get very hot. A couple of high wicking options are best here.

HIKING TROUSERS

Don't underestimate a good set of hiking trousers. You're looking for something that's going to get rid of sweat and not chafe, while provide you with good pocket options for on the go items like snacks and maps.

WATERPROOF TROUSERS

Hopefully you won't need them but for when you do, you'll be grateful. It's simple, get a pair of trousers that keep the water out. Something like: Torrentshell 3L pants by Patagonia

BOOTS

We recommend a good pair of hiking boots with ankle support for this trip. What ever you go for make sure you've worn them in properly. Beware of the blister... Something Like: The Salomon X Ultra or Quest.

SNOWSHOES

Don't worry we will rent these when you're out with us.

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 your face in bad weather and also keep yourself protected from the sun

EYEWEAR

We recommend carrying Cat. 3 sunglasses that offer 100% UV protection, such as VALLON Heron Mountain, or Waylons sunglasses.

Adventure Base clients get 15% off your first order – [Learn more here](#)

BACKPACK

We recommend a backpack between 15-30 litres pack but it all depends on how you like to pack and what you like to bring. It should be large enough to carry all your equipment but light enough to keep the weight down. The backpack should have a waist strap and ideally come with a rain cover for those soggy days.

TREKKING POLES

Trekking poles are not essential but are strongly advised. They help remove some of the weight from your knees and leg muscles on the up but also help with stabilisation while carrying a big backpack. Ideally look for poles that collapse as you can then store them easily and securely in, or on your pack. Something like: Black Diamond Distance Trekking Poles

[CLICK HERE FOR THE DOWNLOAD OF THE CHAMONIX SNOWSHOEING KIT LIST](#)