

An aerial photograph of a snowy mountain slope. A line of skiers is visible, moving down the slope. Long, dark shadows are cast across the snow, indicating a low sun position. The snow has a textured, slightly uneven appearance with some tracks and small depressions.

# SWISS, BERNESE OBERLAND SKI TOUR KIT LIST

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The Swiss, Bernese Oberland ski tour is one of the most enjoyable ski tours out there and a fantastic choice if you're looking for your next 'hut to hut' ski tour experience.

As you're skiing at the end of winter / the beginning of spring you're likely to encounter all seasons. You may find yourself in a t-shirt as you skin up your next objective but at reaching the summit you'll need in every layer possible as the conditions would have changed. 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 about the trip on this page here. 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

## **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. 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.

## **1 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. You will also use it for wearing in the evenings at the huts or popping outside for a view of the night sky. Synthetic down is more breathable than feather down jackets. This jacket will likely sit in your bag for the ascents, but be pulled on at the top and perhaps also worn for the ski down if you're in the shade. 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 TOURING PANT**

You will spend all week in these ski pants so make sure they have zips on the side of each leg, to ventilate on the ascents. 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. These are also useful to wear in the huts.

### **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.

### **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**

You will need a thin, yet durable, soft-shell glove for most of the ascents and a thick warm glove that are ideally Gore-Tex for descents and when it's cold. Avoid mittens as these are often a little bulky and clumsy.

### **BACKPACK**

We recommend between 35-45 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 from Mont Blanc to the Matterhorn but lightweight so you're keeping weight down. The backpack must have an ice axe loop, so look for something specific to mountaineering / ski mountaineering. Something like: The Osprey Mutant 38 Litre

### **TOURING SKIS AND BINDINGS (CAN BE RENTED)**

Ski touring skis must be lightweight. The width of the ski should be somewhere between 80 – 105mm. You need to have ski touring specific bindings fitted to the ski. If you're bringing your own set up, make sure you have had it professionally fitted and you have experience using the skis and bindings. Something Like: Faction Agent 2.0 or Black Crows Orb skis and Plum Pika bindings.

### **SKI TOURING SKINS AND SKI CRAMPONS (CAN BE RENTED)**

The skins stick on the bottom of your skis and help you glide uphill, whilst the ski crampons clip into your bindings and help provide stability on steep ski touring terrain. We recommend something like: Black Diamond Glidelite Climbing Skins. The ski crampons will be sold or rented as part of the ski touring binding. Do not mix brands as they might not fit.

### **ADJUSTABLE SKI POLES (CAN BE RENTED)**

Ski poles where you can adjust the length are useful on the ascents where you may want a longer pole before shortening for the descent. They are also useful to pack away during travel. Something Like: Black Diamond Expedition 2 Ski Poles

### **SKI BOOTS (CAN BE RENTED)**

Lightweight is essential as you don't want to be lugging a heavy pair of boots up each climb. Walk mode is an essential function, as well as pin binding compatibility. The modern ski touring boots come with strong enough flex to make the ski descents easy and enjoyable. Something Like: Scarpa F1

### **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

### **ICE AXE (CAN BE RENTED)**

Lightweight ski touring ice axe. Something Like: Black Diamond Raven Ultra

### **BOOT CRAMPONS (CAN BE RENTED)**



Semi-automatic 10 or 12 point crampons. Something like Black Diamond Neve Crampons

### **HARNESS (CAN BE RENTED)**

This should be lightweight, comfortable with fully adjustable leg loops and large enough to fit over all clothing. Something Like: The Black Diamond 'Couloir' harness is great.

[CLICK HERE FOR THE DOWNLOAD OF THE FULL OBERLAND SKI TOUR KIT LIST](#)