

# Equipment & Clothing: Arrowsmith Range Ski Touring



Use the check list to ensure you bring along the gear specific to your trip. Try to let us know what you need to rent as soon as possible **before** you arrive. Get in touch if you have any questions.

| 1. Equipment provided free of charge          | Bring ✓ | Borrow ✓ |
|---|---------|----------|
| Ice Axe                                       |         |          |
| Crampons - compatible with your touring boots |         |          |
| Harness                                       |         |          |
| Belay Device - ATC Guide or Petzl Reverso     |         |          |
| Karabiners: 1 x large screw-gate              |         |          |
| Avalanche Transceiver                         |         |          |
| Snow Shovel & Avalanche Probe                 |         |          |

Use our gear free of charge, or bring your own

Calculate your approx. rental cost below.

| 2. Equipment and Clothing for rent                | Bring ✓ | Rent ✓ | Cost/day | x # days | Total |
|---|---------|--------|----------|----------|-------|
| Ski Touring Boots                                 |         |        | 25       |          |       |
| Sleeping Bag - 3 or 4 season                      |         |        | 15       |          |       |
| Backpack, 50 litres +                             |         |        | 7        |          |       |
| Storm Jacket                                      |         |        | 10       |          |       |
| Overtrousers or waterproof ski pants              |         |        | 10       |          |       |
| Skis with AT bindings, Skins, Poles (skiers only) |         |        | 35       |          |       |
| Total estimated rental cost                       |         |        |          |          |       |

### 3. Required Personal Equipment (not available to rent)

- Headlamp
- Sunglasses - good quality wrap-around
- Ski goggles
- Water Bottles 2 x 1 litre widemouth (Nalgene)
- Waterproof pack liner
- Plastic survival bag (or bivouac bag)
- First Aid Kit - basic kit, incl blister tape
- Toiletries, including toothbrush sun screen and lip cream
- Leatherman or Swiss tool

### 4. Required Personal Clothing (not available to rent)

- Underwear (2 sets)
- Socks (2 pairs)
- Thermal underwear - mid weight or heavier: 2 tops, one x pants
- Mid-weight fleece jersey / soft shell jacket
- Insulating jacket: down or synthetic, and 200 weight fleece (we rent synthetic jackets)
- Warm hat / balaclava
- Ski bibs/trousers or Soft-shell trousers. Bring gaiters if your trousers do not have snow-cuffs
- Waterproof warm gloves (one pair) + Light-weight (polypro) gloves, one pair
- Sun Protection: baseball cap or legionnaire hat, scarf / neck gaiter (buff)

### 5. Optional Gear (not essential - but recommended)

- Ear plugs - people love snoring in the mountains

[See the "Pre-trip Info" section of our website for info about seasonal weather variations, and how to select your clothing.](#)

[For detailed info on gear and how to select your clothing see the "Gear Guide" on Alpine Guides website.](#)