

# Equipment & Clothing: [Alpine 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		
Ice Hammer		
Crampons - compatible with your touring boots		
Helmet		
Harness		
Belay Device - ATC Guide or Petzl Reverso		
Snow stake		
Prusiks x 3 (1 long, 2 short), Sling x 2 (1 long, 1 short)		
Karabiners: large screw-gate x 3, snap-link straight gate x 4		
Avalanche Transceiver		
Snow Shovel & Avalanche Probe		

Use our gear free of charge, or bring your own

Calculate your approx. rental cost below. For SMC we charge 7 days rental.

2. Equipment and Clothing for rent	Bring ✓	Rent ✓	Cost/day	x # days	Total
Ski Touring Boots			25		
Sleeping Bag - 4 season			15		
Backpack, 55-65 lites			7		
Storm Jacket			10		
Overtrousers or waterproof ski pants			10		
Insulated Jacket			10		
Skis with AT bindings, Skins, Poles			35		
Total estimated rental cost					

## Prusiks

Prusiks are 5-6 mm width nylon kernmantle cord, or spectra. We recommend carrying 2 short and one long prusiks for most situations.

- A short prusik loop is “nose to navel” length when tied
- A long prusik “navel to ground” when tied

## Slings

You need at least 2 slings:

- “Long sling” is approx 4 metres before tying off
- “Short sling” is approx 3 metres before tying off

We use 16 to 20 mm width tubular tape in our rental stock. This resists abrasion well, especially when anchoring/belaying off alpine rock. If you bring your own slings (especially pre-stitched slings) 12mm tape will suffice. These should be rated to 22KN or better.

[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.](#)

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## 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 (3 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)
- Hut footwear - running shoes or sandals / holey soles (must be lightweight)
- Small pack towel (if you like to wash) or just a towel for use at Unwin Lodge

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

- Day pack approx 20 litre, useful for non-mountain activities
- Drinking mug. Supplied in huts - but you can bring your own
- Ear plugs - people love snoring in the mountains



[For info about seasonal weather variations to help select your clothing and sleeping bag, see the "Gear Guide" section of Alpine Guides website.](#)

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