

Check list equipment

- Touring skis with touring bindings (binding adjusted)*
- Touring ski-boots*
- Telescopic poles*
- · Warm and waterproof skiing clothes
- Warm gloves
- Full-fingered gloves
- Helmet (optional)
- Warm hat
- Googles or sun glasses, lips protection, sun cream block
- Valid ski pass
- Backpack (airbag)
- Shovel, probe and avalanche transceiver
- Skins and ski crampons*
- Warm drinks
- Packed lunch (high energy foods such as chocolate, dried fruit etc.)



^{*} included in the rate