

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
- Goggles or sun glasses, lips protection, sun cream block
- Valid ski pass
- Backpack should not weight more than 8-9KG (should allow skis to be tied on)
- Shovel, probe and avalanche transceiver
- Skins, crampons and ski crampons
- Harness
- 1 carabiner
- Head lamp
- Innen liner
- Warm drinks
- Packed lunch (high energy foods such as chocolate, dried fruit etc.)
- Pocket knife
- Washing kit
- Plasters
- Money, ID, maybe camera