



## Equipment List - Winter

The equipment list is designed to help you pack and should be adapted for your own personal needs. The current weather and conditions will also vary what you need to pack on any given day. Please use this list just for guidance and carry or leave out what you feel comfortable with.

\*See additional notes at the bottom of this page.

Printable version in PDF format 

### Alpineadventures.co.uk - Equipment List

Item	Winter		
	Mountaineering	Off Piste	Ski Touring
Rucksack*	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Jacket	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Over trousers*	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Thin Gloves	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Thick Gloves	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Mitts	<input checked="" type="checkbox"/>	Optional	Optional
Fleece Hat	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Balaclava	<input checked="" type="checkbox"/>	Optional	Optional
Sun Hat*	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Neck Warmer	Optional	Optional	Optional
Thermal Underwear	Optional	Optional	Optional
Mountain Pants	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Fleece Tops	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Body Warmer*	<input checked="" type="checkbox"/>	Optional	Optional

<b>Down Jacket</b>	Optional	<input checked="" type="checkbox"/>	Optional
<b>Sit Harness</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Crevasse Rescue Equipment*</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Ice Axe*</b>	<input checked="" type="checkbox"/>	Optional	<input checked="" type="checkbox"/>
<b>Crampons*</b>	<input checked="" type="checkbox"/>	Optional	<input checked="" type="checkbox"/>
<b>Sun Glasses*</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Personal First Aid Kit</b>	<input checked="" type="checkbox"/>	Optional	<input checked="" type="checkbox"/>
<b>Water Bottle</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Food</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Sun Cream</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Lip Protector*</b>	Optional	Optional	Optional
<b>Headtorch*</b>	<input checked="" type="checkbox"/>	Optional	<input checked="" type="checkbox"/>
<b>Leather Man</b>	Optional	Optional	<input checked="" type="checkbox"/>
<b>Wash Kit</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Helmet</b>	<input checked="" type="checkbox"/>	Optional	Optional
<b>Insurance Documentation</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Lift Pass</b>	Buy as needed	<input checked="" type="checkbox"/>	Optional
<b>Passport</b>	Optional	Optional	Optional
<b>Camera   Film   Batteries</b>	Optional	Optional	Optional
<b>Money</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Telephone</b>	Optional	Optional	Optional
<b>Altimeter</b>	Optional	Optional	Optional
<b>Binoculars</b>	Optional	Optional	Optional
<b>Silk Sleeping Liner</b>	Optional	<input checked="" type="checkbox"/>	Optional
<b>Tissue Paper</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Skis*</b>	Optional	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Poles</b>	Optional	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Boots</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Gaiters</b>	Optional	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Goggles*</b>	Optional	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Avalanche Transceiver*</b>	Optional	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Skins*</b>	Optional	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Ski Crampons*</b>	Optional	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Shovel*</b>	Optional	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Probe</b>	Optional	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Notepad Pen</b>	Optional	Optional	Optional
<b>Maps*</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Compass</b>	<input checked="" type="checkbox"/>	Optional	<input checked="" type="checkbox"/>

## Group Equipment - This equipment is supplied by the guide

First Aid Kit	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Repair Kit	Optional	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Maps*	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Gps*	Optional	Optional	<input checked="" type="checkbox"/>
Group Shelter	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Spare Gloves	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Altimeter	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

**Avalanche Transceiver** 457khz Check The Battery Power Before Any Tour And Know How To Use It.

**Body Warmer** This could be Fleece / Primaloft or Down.

**Crampons** with anti-balling plates. Quick fit would be better. Check fit before trip

**Crevasse Rescue Equipment** 2 Ice Screws (1 x 22cm & 1 x 17cm Recommendation [Black Diamond](#)) - 2

Prusik Loops (35cm-ish) - 1 Ropeman or Mini Traction - 2 Sling 120cm (spectra) - 1 Belay Plate ([Petzel](#)

Reverso) - 1 Pulley (Swing Cheek) - 6 Karabiners most of them Screw Gates.

**Goggles** Double Lenses Are Much Better + A Cloth To Wipe Them Clean

**Gps** Check You Have Enough Batteries

**Headtorch** (Lightweight)+ Spare Battery's See [Black Diamond](#) | [Petzel](#)

**Ice Axe** (Not so light that it is useless when you come to use it) [Grivel](#) Airtech Evolution or Jorasses or Similar

**Lip Protector** With Sun Block

**Maps** In Map Cases 2 Sets Minimum. If You Are Using A **Gps** Check The Maps Are Compatible

**Money** Remember You Can Buy Your Way Out Of Most Trouble (Currencies)

**Overtrousers** Make Sure They Fit Over Your Ski Boots Otherwise You Will Get Snow In Your Boots.

**Poles** Normal Ski Poles Are Fine For Off Piste And Ski Touring

**Rucksack** 45L it must be large enough to fit all your gear in and be able to carry skis (if Skiing). Side straps are a must.

**Sun Hat** With A Peak To Protect Your Face

**Skis** Freeride Or All Mountain Skis Are What Most People Opt For

**Sun Glasses** These Must Be Of A High Quality Uva / Uvb

**Ski Boots** Or Ski Touring Boots

**Skins** With Tail Clips If Possible. The Skin Should Either Be Shaped To Fit The Ski Or Be Within 2mm Of Both Edges For Half Its Length Otherwise You Will Slip Excessively On Firm Snow. Check The Quality Of The Glue Prior To The Tour And Replace If Necessary. If The Skis Have Been Recently Waxed Remove The Excess Wax. Check out this link [Black Diamond - Skins](#)

**Ski Crampons** - Harscheisen

**Shovel** This Should Be Lightweight

**Sun Cream** Factor 30 (Minimum)

**Thin Gloves** Leather With A Lining Or Thin Fleece With Leather Palms / Wind Block

**Thick Gloves** Waterproof With A Removable Liner Or Good Ski Gloves.

**Thermal Underwear Pants Or Fleece** (Fleece can be too warm for most of the spring season and summer)

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