

On these courses we spend most of the time out on the mountain and you need to have suitable clothing and equipment including a small day pack to carry your safety equipment and any personal items you may need.

- **Headwear** - to include warm hat and sun-cap or wide-brim hat for extra protection from the sun. Although we do recommend helmets for off-piste skiing, for ski touring they are not essential and actually can be a hindrance – they are hot, heavy and you can't hear very well when wearing it
- **An outer shell jacket** - made of breathable material (Gore-tex or equivalent) with an excellent hood. The lighter the better and so a shell is recommended rather than an insulated jacket and you supplement this with some good quality thermal base and mid layer tops following the principle of layering – i.e. allowing you to easily add/remove layers depending on the temperature and the activity
- **A good quality pair of ski trousers** - Possible characteristics might include bib-style front with braces (to keep the snow out), side-openings (useful for when you get hot), breathable fabric (Gore-Tex or similar), stretch knee pads, integral snow gaiters. NB: Bib-style trousers can be too warm in spring in which case waist-cut trousers would be better
- **Mid-Layers** - 1-2 thin fleeces rather than fewer thick layers between your skin and the outer shell an approach which gives better heat retention and good flexibility
- **Gloves** - good quality goretex gloves or mitts
- **All-mountain skis with downhill ski boots or snowboard are suitable for our avalanche training courses**
- **Avalanche Transceiver** - most of our guides use and recommend the BCA Tracker although other digital models are entirely suitable
- **Snow shovel**
- **Avalanche probe**
- **Ski Goggles good quality with a lens for low light is essential in the event of snow and poor visibility**
- **Sunglasses good quality with 100% UV protection**
- **Rucksack 20-25 litre with straps for carrying skis**
- **Water bottle we don't recommend hydration systems (e.g. camelbak) in winter as they have a tendency to freeze**
- **Suncream and lip salve**
- **Favourite hill snack**