

SKI TOURING TRIPS & COURSES

EQUIPMENT LIST

You need to provide your own personal ski clothing and ski equipment. Avalanche Safety Gear (digital transceiver, metal shovel, 240cm + avalanche probe) and mountaineering equipment (see list below), can be borrowed from MONTIS Trips & Expeditions / TrekClimbSkiTurkey

SKI EQUIPMENT

Ski Touring Skis

Please get skis with touring bindings, please do not use Securafix adaptors. or any alike.

Skins

1 set of skins. Please have spare glue. It is always logic to have some repair items in your luggage. Tip: You can roll some repair tape around your ski poles just under the handle. Very useful for emergencies.

Ski Poles

2 or 3 piece telescopic poles for specifically designed for ski touring is highly recommended. Longer grip tapes can be fixed if not originally mounted.



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Ski Touring Boots

The more up-hill and walking undertaken, the more a ski touring boot comes into its own but, as ever, the compromise between comfort uphill and ski performance downhill requires getting used to as with any new equipment.

The variety of boots now available on the market is fantastic but, when making a choice, the most important factor is the fit. The weight, stiffness and cuff flexibility vary greatly between models, from the same as a downhill boot to superlight touring race boots which are harder to ski.

In the final analysis, ski touring involves more time going uphill than down, so the compromise should be towards a comfortable, lighter touring boot, as part of the transition from downhill to ski touring.

If you take a downhill boot with you, we would advise you that tour assumes a touring ski is fitted with a suitable binding, such as a Diamir Fritschi or Marker Freeride/ Touring binding and not a Dynastar/ Pin type binding.)

Finally, once you are wedded to ski touring, you should visit a professional boot fitting service, to have a new pair fitted by an experienced boot-fitter who will match and fit the best touring boot, by make and model, to your feet.

Please note that isolation is an other but not the least important concern when touring on high mountains in winter time.



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SAFETY & EMERGENCY ITEMS

You must have an Avalanche Transceiver, Shovel and Probe in order to ski on this tour. You cannot ski without them.

Digital Avalanche Transceiver*

Please do not bring an old style, analogue transceiver, as these are not suitable. Please ensure in advance that it works well and do not forget to check the straps, clips and chest belt before coming. We recommend you to have enough spare batteries with you. You do not have to take a checker with you. Group checks will be on tour leaders' responsibility.

Avalanche Probe*

Avalanche probes, preferably steel, must be no less than 240 cm. Please check in advance and ensure that inner cable is not damaged, locking works smooth, no cracks on the tubes. Screwing ones are not recommended.

Shovel*

We recommend you to carry metal shovels instead of plastic ones. Do not bring plastic snow blades with handles. We do only use shovels with proper shafts preferably telescopic shafts.

***These items can be borrowed from MONTIS Trips & Expeditions / TrekClimbSkiTurkey. A limited number of shovels, DVI devices and avalanche probes are available free of charge.**



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Safety and Emergency Items

Ski Crampons (Harscheisen)

We recommend you to carry a pair of ski crampons fit with your bindings as well as ski width in every single touring trip.

Ski helmet

We recommend you to have a ski helmet. It might be too warm for alpine touring while ascending. However, a broad protection for downhill. You can either carry it attached your backpack or have a touring type helmet such as Petzl Meteor. This is not a must but strictly recommended.

MOUNTAINEERING EQUIPMENT

Crampons*

General mountaineering crampons. All crampons should be fitted with anti-balling plates. Lightweight aluminum crampons specifically designed for ski touring are plus.

Ice Axe*

General alpine mountaineering axe, a short lightweight axe is best, nothing over 55cm.

Harness*

Sit harness with adjustable leg loops. Make sure it is fits over all layers of clothing. E.g. Black Diamond Couloir or similar.



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Slings*

One double tape sling (120cm).

Karabiners*

Two screwgate, preferably HMS, and one snap link karabiner

Prusik Loops*

2 x 1.5m lengths of 6mm soft cord

****These items can be borrowed from MONTIS Trips & Expeditions / TrekClimbSkiTurkey.***



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CLOTHING

You need to provide your own personal ski clothing. You should work on the general principal of wearing 3 or 4 layers, which complement each other as opposed to one layer of bulky clothing, which does not allow for adjustment according to the weather. You do not want any redundancy in your layering system, especially on hut-to-hut tours where you are carrying all of your gear.

Weatherproof Jackets

A mountaineering jackets or specifically alpinetouring jackets, as opposed to a ski jacket are recommended. Windproof and waterproof, Gore-Tex or similar. A good hood is essential.

Lightweight hard shell overtrousers

Waterproof lightweight shell trousers, Gore Tex or similar with full length side zips. To be layered over your mountain trousers in bad weather or just over inner layers are recommended.

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CLOTHING

Softshell Trousers

Windproof, water repellent and breathable softshell trousers, Schoeller or equivalent fabric. Ensure that it will be possible to fit the ankle over the top of a ski boot. A small side zip helps with this.

Primaloft Jacket, Pullover or Vest

A mid-weight (approx. 300 – 500gms) primaloft in case of cold conditions. Alternatively, a lightweight down pullover or jacket.

Mid-weight fleece

A mid-weight fleece pullover with a half-zip

Thermal tops and underwear

Plyproplene or merino wool fabrics are advisable. Never take cotton layers as it absorbs moisture, keeping it close to the skin and creating a cooling effect.

Socks

Looped stitched ski socks, plus liner socks are recommended.

Ski Gloves

Please ensure that your gloves are warm, waterproof and breathable. Gore-tex gloves with a primaloft liner are recommended.

Lightweight gloves

A pair of thermal gloves with a sticky palm are useful for skinning.



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CLOTHING

Hat/headband/Beannies

A warm, windproof hat with ear protection that stays on in high winds is essential. A headband to keep the ears warm is also nice.

Sun Hat

A broad brim protects best but make sure that it stays on your head in a breeze. Detachable Neck skirts are a plus

Neck scarf/Buff

Optional, but a good way to stop your neck getting sun burnt or your face getting cold! Highly recommended



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GENERAL EQUIPMENT

Mountaineering sunglasses

One pair with perhaps a spare cheaper pair in case of loss or damage. Full UVA/UVB protection. Make sure they have side protection or wrap very closely to the face to prevent light or snow reaching the eye from the side.

Ski Goggles

Double lenses and vent holes to prevent misting up. Make sure that the vents are covered with thin nylon gauze to prevent spindrift entering. Yellow lenses are good in flat light/low visibility.

GENERAL EQUIPMENT

Water bottle

1 or 2 litre bottles. One and a half litres should be enough for a day out in the mountains. Isolated bottles or thermos bottles are heavy but recommended. You can have two pieces and have your thermos bottle lighter such as 500 ml or 700 ml.

Sun cream and lip block

1 or 2 litre bottles. One and a half litres should be enough for a day out in the mountains. Isolated bottles or thermos bottles are heavy but recommended. You can have two pieces and have your thermos bottle lighter such as 500 ml or 700 ml.

Head torch

LED headtorch, such as the Petzl Tikka XP. Do not forget to have spare batteries unless the headtorch is a rechargeable one.

Other Items

Whistle

Brush for cleaning skis and boots

Plastic blade for cleaning ice under the skis

Rucksack and ski bag

Straps for packing and carrying skis

Ski and skin wax

Avalanche awareness and test cards, kits



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