

Gear list for day long ski tours

| PERSONAL GEAR | COMMENTS |
|---------------------------------|---|
| Sun glasses UV+ | Category 3+ or 4 |
| Goggles | Extra lens for flat light |
| Sunblock | 30 - 50+ |
| Lip Balm | Blixtex |
| Two pair waterproof gloves | 1 extra |
| Liner gloves | For use during the skinning |
| Face mask or buff | Protect from cold, wind, sun |
| Warm hat | Wool, or synthetic |
| Ski jacket and pants | Hardshell outerwear, Gore Tex or similar waterproof breathable |
| Warm jacket | 2nd layer. Synthetic, down, merino wool, etc |
| Long underwear | 1st layer, synthetic breathable, merino, capilene, etc |
| First Aid kit | Trauma, painkillers, bandage, emergency blanket, blister tape, etc. |
| Head Lamp | Bring extra batteries |
| Field notebook, pen with eraser | Tint and gel get freeze with cold |
| Backpack and dry bag | 30 -45 lt , with straps to carry skis |
| Boots for ski or snowboard | With walk mode and rubber sole (vibram) preferable |
| Skis or Splitboard | With ski touring bindings, low tech preferable. |
| Poles | Adjustable and with powder-basket |
| Helmet | For skiing or mountaineering |
| Skins | Adjusted to the skis or split board, check the glue |
| Ski/Board Crampons | Try them and make sure they work |
| Avalanche transeiver | Bring extra batteries |
| Probe | Make sure you know how to assemble it |
| Shovel | Metal works better than plastic |
| Camera | To keep those moments for ever |
| FOOD AND BEVERAGES | |
| On-the-go snack | Chocolate, eggs, dyed fruits, energy bars, etc. |
| Lunch Snack | Sandwich, wrap, burrito, etc. |
| Water Bottle, Camelback | 1.5lt of water minimum, can be salted drinks also. |
| Thermo | A small one for some Tea, coffee, etc |
| Topographic Map of the zone | Keep it in a plastic ziploc bag |
| Compass | |
| GPS or Altimeter Watch | To use it as altimeter |
| REPAIR KIT | |
| Swiss Knife or Multitool | |
| Ski & Skins Wax | Small piece |
| Coffix or Base repair | With a lighter to make small repairs on the go |
| Duct tape | Small amount |
| Wire | A few cm long to fix anything |
| Ski straps | They are good for everything |