

# Multiday Ski Traverse Packlist

## SKI SET UP

- Alpine Touring skis with touring bindings and skins or
- Telemark skis with Tele-binding and skins
- Poles
- AT or Tele Boots

## SKI MOUNTAINEERING GEAR

- Ski crampons – must fit bindings and ski width
- Boot crampons - light alloy ok
- Ice Axe (50-60m) – ultra light ok
- Light ski harness
- 1 locking screw-gate, pear shaped carabiner 1, 24" sewn sling, webbing 1,5 m, 5-6 mm (for short Prusik), webbing ca. 2,5 m, 5-6 mm (for long Prusik)
- 1 Ice screw

## SNOW SAFETY GEAR

- Avalanche Transceiver (457 kHz), less than 5 years old with fresh batteries as well as spare batteries
- Probe
- Shovel

## Pack

- Ski pack (35-40 liter) with a strap system to carry skis (e.g. 35L Patagonia Ascensionist Backpack)
- Plastic bag for wet clothes

## CLOTHING

### Next to skin layers:

- Short sleeve T-shirts (2 pr.) – light merino wool or Capilene
- Long sleeve light merino wool/Capilene or zip t-neck
- Merino wool or capilene briefs (3 pr.)
- Merino wool or capilene light long johns
- Ski socks (2 pr.)– wool

### Outer layers:

- Fleece pullover or full zip (ideally Piton Hoody)
- Soft-shell mountain pants (ideally backcountry “guide pants” – synthetic stretch woven fabric)
- Puff jacket, nylon with synthetic insulation ( e.g. Nano-Puff Jacket)
- Down jacket (e.g. Down Sweater Full-Zip Hoody)
- Light alpine wind shirt (e.g. Alpine Houdini), optional
- Light outer water resistant jacket (e.g. M10 or Super Cell jacket)
- Light wool hat
- Light neck gaiter (Buff or fleece)
- Sun hat – with visor  
Gloves –
- Medium weight, warm ski gloves and light gloves for spring conditions  
Bandana

## MISCELLANEOUS

- 1-Liter water container or hydration system
- 1/2 liter steel thermos (optional, but strongly recommended)

- Sunglasses with side protection
- Goggles with light lenses for storm conditions
- Sunscreen – 50+ SPF (small amount dispensed in squeeze bottle)
- Lip balm – 50+ SPF
- Small personal first aid kit – Moleskin tape (protective heel applications recommended, e.g. [Compeed Blister Plasters](#)),
- Band-aids, aspirin, personal meds
- Small toilet kit – toothbrush, toothpaste, razor, small liquid soap, etc.
- Small hand towel Light
- headlamp with fresh, long lasting batteries
- Camera, charger or extra batteries (optional)
- Small pocket knife
- Ear plugs
- Ultra light hut sleeping bag (required at all huts e.g. [Meru Mumie](#))
- Alpine Club membership card
- Cash

### TRAVEL NEEDS

- Ski Bag Medium zippered duffel bag with pad lock (do not lock on airline flight)
- Clothing and footwear appropriate for spring continental travel
- Passport and Passport pouch
- Rescue Insurance information
- Credit Card

### FOOD ON TOUR

At the lodges you will get complimentary hot tea. Other drinks including beer, wine or additional water may be purchased individually.



**Lunch Food:** Skiing food, bars or sandwiches will be available for purchase at the lodges. At some huts the lunch food is complementary, but not at all.

Some people may wish to bring certain products they are familiar with from their home country such as energy bars or drink mixes. We request each person calculate their lunch food carefully for the amount they will need. High carbohydrate and caloric value are recommended.