



adventurelifelinks
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Ski and Snowshoe Kit List

Kit hire arranged by us in local area:

- Skis, ski-boots, poles, helmet
- Snowboard boots, snowboard, helmet
- Snowshoes, walking poles
- Day sack if required **
- Sleeping bag liners for hut stays if required **
- Technical safety equipment, Slings, Karabiners, Hill rope, Emergency shelter **

Personal equipment recommended for snow shoeing and skiing:

- Thermal base layers, top & bottom
- Warm clothing, fleece mid layer, top & bottom
- Warm walking socks or ski socks
- Waterproof jacket or ski jacket or lightweight breathable
- Waterproof trousers or ski trousers/salopettes
- Dry lightweight comfortable boot with ankle protection for snow shoeing
- Ski gloves, and thin liner if possible
- Warm hat
- Spare fleece/warm top
- Gaiters (personal choice – for snow shoeing)
- Ski goggles (for skiing and snowshoeing)

Useful personal items to bring along:

- Water bottle or hydration system
- Sun cream, sun block, lip cream (high factor when on water)
- Sunglasses with retaining strap & sun hat
- Personal medication & blister kit
- Photocopy of European health card & passport to carry with you at all times
- Small wash kit inc small pack towel for overnight hut stays
- Small first aid kit inc blister kit *
- Flask *
- Map case *
- Dry bag rucksack liner *
- Head torch for hut stays * & batteries

Possible extras:

- Ear plugs for huts
- Swimming costume for local facilities

* Items are available for hire from adventurelifelinks, see hire kit PDF for full list and prices.

** Items are provided by adventurelifelinks and are included in course price if required.