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**OnTop Ltd -**

We offer trips/courses in mountaineering, hiking, rock and ice climbing and ski touring in Europe, Canada and the U.S.



340 Canyon Close – Canmore, AB, T1W 1H4 – Canada

**Toll free: 1 800 506 7177**

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## **EQUIPMENT LIST: HAUTE ROUTE SKI TOURING**

### **1. Technical Equipment:**

- Telemark or Alpine Touring skis\*  
Only bring your telemark skis if you are at least an advanced/intermediate telemark skier with backcountry experience.
- Telemark or alpine touring boots\*
- Collapsible or non-adjustable ski poles\*
- Climbing skins (stick-on) that fit your telemark or alpine touring skis\*
- Avalanche transceiver (475 Megahertz)
- Lightweight snow shovel
- Avalanche probe
- Backpack, medium sized (about 40 liters) with rain cover and outside straps to attach skis and crampons.  
Some have built-in rain covers (eg. Deuter backpacks).  
Rain covers can also be bought separately.  
Otherwise bring a big plastic (garbage) bag as an inside liner for your backpack.
- Climbing harness for glacier travel
- Crampons, lightweight if possible
- One locking carabiner
- Crevasse rescue equipment, if you are familiar with it.  
(Prusik slings, webbing, pulleys, auto-locking device).  
Your guide will bring a full set.
- Ski crampons
- Repair kit / spare parts for your bindings (optional)

**All items marked with '\*' can be rented from a rental shop locally.**

**Harness, carabiner, transceiver, crampons, snow-shovel and avalanche probe can be provided by OnTop. Please bring your own equipment if you have it.**

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Any questions, please contact us:

**phone: 1 (800) 506 7177 fax: 1 (403) 678 2717**

**email: [info@ontopmountaineering.com](mailto:info@ontopmountaineering.com)**

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## **2. Clothing**

We suggest using the 'layer system': Light technical clothing that doesn't take much space in your backpack and dries quickly if sweaty or wet.

Layers can be put on and taken off fast if weather conditions change during the day.

- Wind and waterproof shell jacket with hood (Gore Tex or similar)
- Wind and waterproof over pants (Gore Tex or similar)
- Warm pants (insulated / fleece/ polypro)
- Fleece or wool pullover or jacket
- Medium weight fleece shirt
- Capilene, fleece or wool underwear, top and bottoms
- 2 Pairs of gloves (lightweight and heavier weight)
- Scarf or neck gaiter
- Socks: thick (wool) outer and thinner liners
- Wool or fleece hat, covering the ears
- Gaiters (unless pants lock tightly to your boots or ski pants have integrated gaiters)
- Sun hat, preferably with wide rim
- Bandana (optional)

## **3. Hotel lodging:**

- Spare underwear, socks
- Toiletries (minimum supply – most huts do not have running water!)

## **4. Hut lodging:**

- Down vest or light insulated jacket (optional)
- Light stuff sacs or zip lock bags to keep your backpack organized (optional)
- Light-weight sleeping bag liner (preferably silk) - wool covers are provided by the hut
- Very light jogging shoes or slippers for town (optional). Most guides don't take any and walk around town in inner boots.
- Light hut slippers (optional, see above). Usually huts provide slippers, especially in France and Switzerland (Haute Route)
- Alpine Club card, if you are a member
- Ear plugs (optional but very useful)

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**5. Other items:**

- Sun Glasses (with very good UV protection, extra pair is a good idea)
- Sun screen and lip protection
- Goggles
- Water bottle, preferably insulated, minimum volume: 1 liter
- Head lamp with spare battery and bulb
- Blister kit (optional)
- Snacks (candy bars, dried fruit, sandwiches, nuts, etc.)
- Personal items (Prescription medicine, extra contact lenses and maintenance equipment, extra pair of prescription glasses etc.)
- Pocket knife or Leatherman tool
- Passport
- (Health/Travel) insurance documents
- Zip-lock bag for wallet and other documents to keep them dry (recommended)
- Camera, batteries (optional)
- Compass, maps and GPS (optional)
- Ski wax / skin wax (optional)

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