

Ski touring equipment

Packing for a ski tour can be a bit of a minefield. this is a quick guide and list of what to bring on one of our ski touring courses in Scotland.

As I'm sure you will all know we can get a bit of everything in Scotland when it comes to weather so it's best to be prepared for this. It's also not uncommon to do a little bit of walking to reach the snow line and get our skis on. So let's keep this in mind when getting ready in the morning.



What to wear on your tour

- Waterproof Jacket with hood and Waterproof Ski Trousers -I like to wear fleece leggings under some shell trousers, this means I can vent when going up-hill and close them down when I'm cold or ready to descend. It's nice to make sure the trousers fit over your ski boots too, you don't want all that pow going up your trousers!
- Soft Shell or fleece Jacket

- Sunglasses
- Warm Gloves or mitts: Thick and Thin
- Ski Socks

What to pack

- Ski crampons (ask us about these if you don't have them or you are hiring)
- A lift pass if we choose to start at a ski resort
- Goggles
- Ski Helmet (we recommend)
- Lunch and Water or a flask of juice
- Puffy over jacket
- Woolly hat
- Sunglasses
- Head Torch
- Spare gloves – remember it is Scotland after all!
- Map, Compass and whistle – navigation is an important part of skiing in the UK, finding the correct slopes for the good snow.
- *Rucksack – 35 – 45 litres.
- Rucksack liner and/or dry bags.
- Vacuum flask

- Waterbottle – 1ltr Nalgene, camelbaks tend to freeze and don't handle boiling water very well.
- Suncream and Lip Salve – SPF 30 minimum
- Personal first aid – some tape, Compeed, plaster for blisters and your own pain relief (aspirin, ibuprofen, paracetamol)
- Camera.

