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Haute Route (Ski Trip) Equipment List

Ski touring in Europe provides the opportunity to travel light. We will spend each night in simple mountain huts or in small hotels. This allows us to leave all of our camping gear at home and to travel with packs that should weigh no more than 20 lbs. Having a lightweight pack is essential to allowing us to travel efficiently each day and to ski in sometimes challenging terrain while wearing a pack. Study this list carefully and please ask for evaluation of your current equipment if needed.

Although no laundry facilities exist on the route, there will be opportunities to bathe at least once during the trip and there is usually a chance to rinse a few items in a sink if needed.

Ski Equipment					
Alpine Touring (Randonnée) or Telemark Skis:					
Ski Crampons: Ski Crampons are required for this trip. This is generally not a problem for					
AT skiers, but telemark skiers often have difficulty finding a crampon that is compatible with					
their setup. One option is to rig a Dynafit binding plate to your ski and then use this to attach					
a Dynafit ski crampon to this. We can recommend a shop that knows how to do this.					
1 Ski Skins					
Ski Brakes					
Ski Poles					
J					
Avalanche Beacon (457 MHz): Start with new batteries. Example BCA Tracker					
Shovel					
Avalanche Probe					
 Climbing Gear					
Backpack: 35 Liters with the ability to attach skis easily.					
Ice Axe: Look for something short and light. i.e. Petzl Snowracer					
Boot Crampons: This is one of the few cases where a lightweight aluminum pair of					
crampons is the ticket. Be sure they are compatible with your ski boots. i.e. Salewa 12P					
Alunal Combi Crampon.					
Climbing Harness: Lightweight with adjustable leg loops and belay loop. i.e. Petzl Adjama					
Locking Carabiner: Bring a single locking carabiner. i.e. Petzl Attaché					

Upper Body Clothing
Lightweight T-shirt: This is nice for the hut and can be made from cotton. Synthetic Long Underwear Top: i.e. Patagonia Capilene 2 Zip Neck Light Fleece Shirt: i.e. Patagonia R1 Hoody or R1 Flash Pullover
Lower Rody Clothing
Synthetic Underwear: As with all layers these should be synthetic so they wick moisture. Synthetic Long Underwear Bottoms (optional): i.e. Patagonia Capilene 2 Bottoms Synthetic Climbing Pant: We wear the Patagonia Super Guide Pant. These are synthetic pants with a bit of wind resistance and have a built in gaiter/cuff that works well enough with ski boots to allow you to leave your gaiters at home. Although these are usually not cheap, they are the way to go for this type of tour. Get a pant with pockets. Gore-tex or Similar Pants: Lightweight with full side-zips.
Head, Hands, and Feet
Warm Hat or Balaclava: i.e. Patagonia Lightweight Ski Hat. Neck Gaiter or Buff: This can be good for protecting your face in a cold wind. The Buff is a lightweight neck gaiter than has innumerable uses including doubling as an ear band. Sun Hat: i.e. OR Sun Runner Cap or other baseball cap with bandana Dark Sun Glasses: These need to be dark and provide good coverage. If you can switch form light to dark lenses it can be a good thing. Cebe and Julbo make appropriate models. Ski Goggles
Lightweight Gloves Warm Gloves: i.e. Patagonia White Smoke or Stretch Element Glove.
Ski Boots Boot Liners: While not required, we find that a Thermofit type liner is the way to go as it increases the comfort and lowers the weight of your ski boot. Additionally you may be able to find ski shops that will produce a custom made liner that can help with difficult to fit feet. Custom Foot Beds: At the very least you probably want to replace the foot beds that come with your boot with something like Super Feet. A custom foot bed is going to increase the comfort of your boot even more.
Socks (2 pairs): These should be a mid weight wool or synthetic sock, no cotton.



Other Items

Ш	Food: Brea	kfast and di	nner is provided in the hut. Bag lunches can be obtained in the hut.		
	If you have i	favorite iten	ns such as GU bring it with you. We will be able to pick up food		
	items in Chamonix.				
	Water Bottle or Thermos: Either one ½ liter thermos or one 1 liter water bottle.				
	_	-	a w/ fresh set of batteries		
	Pocket Knife: It is nice to have a corkscrew in the Alps.				
	Repair Kit: Bring a small kit specific to your bindings. If you are on Nordic gear with				
	cable bindings bring an extra cable. We will provide basic repair kits.				
			moleskin, Compeed pads and band-aids.		
	Sunscreen: 2 x 1 oz. tubes with high SPF factor (30 or higher)				
	Lip Balm w/ sunscreen				
	Toiletries: Very small tube of toothpaste, toothbrush. Keep this very light.				
	Ear Plugs: For noisy huts.				
	Sleeping Sacks: This is a thin silk sack and can be purchased at the first hut.				
	Small Camera: Rigged to carry on the outside your pack. Do not bring a big SLR.				
	Batteries: Spare set for beacon, camera, headlamp, etc.				
	Duffel: This is a small bag for leaving items in hotels.				
	Street Clothes: For start and end of the trip. These will be transported from Chamonix and				
	will be waiting for us in Zermatt when we arrive.				
	Passport: Make a photocopy to carry on the tour.				
	Money: ATMs work well in town. You will need about 35 Swiss Francs per hut if you plan				
	to buy drinks, lunch, etc as most huts do not take credit cards.				
	Maps (optional): We will have copies. If you are interested in buying maps, these are the				
	maps we wil	ll use:			
	Maps:	French	,		
		Swiss	1:50,000 Martigny 282 S-Ski Map		
			1:50,000 Arolla 283 S-Ski Map		
_	D 1 ()	1) m	1:50,000 Mischabel 284 S-Skip Map		
□ Books (optional): There are many good books about the Haute Route. One good					
has most of the details in one small volume is:					
The Heate Deate Chamerin Zemeett, A suide for chiere and mountain wellson					
	The Haute Route, Chamonix-Zermatt: A guide for skiers and mountain walkers. By Peter				

<u>The Haute Route, Chamonix-Zermatt: A guide for skiers and mountain walkers.</u> By Peter Cliff, published in 1993 with the most recent reprint in 2006.