

Ortler Circuit Ski Tour 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 some of the huts 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.
- Ski Skins**
- Ski Brakes (do not bring AT skis without ski brakes)**
- Ski Poles**
- Ski Strap:** Make sure this fits around your skis and poles i.e. Volie strap
- 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

- Synthetic Sports Bra/Top**
- 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
- Insulating Layer:** A Patagonia Micro Puff Hooded Jacket is a great way to go here.
- Hard or Soft Shell Jacket:** For ski touring we generally use a soft-shell type jacket with a good hood. Examples of this include the Patagonia Stash or Ready Mix Jackets. You need something to protect you from wind and precipitation and as always go for lightweight. In some cases a hard shell (gore-tex) type jacket can be even lighter weight but they are not as breathable and therefore not as nice to tour uphill in.

Lower Body 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 from 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

- Food:** Breakfast and dinner is provided in the hut. Bag lunches can be obtained in the hut. If you have favorite items such as GU bring it with you. We will be able to pick up food items in Sulden.
- Water Bottle or Thermos:** Either one ½ liter thermos or one 1 liter water bottle.
- Head Lamp:** Petzl Zipka 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.
- Blister Kit:** Duct tape, 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 is optional.
- 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.
- Passport:** Make a photocopy to carry on the tour.
- Money:** There are ATM's in Sulden. You will need about 20 Euros 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 will use:

Maps: 1:25000 Ortles - Cevedale Ortlergebiet Map by Tabacco
 Available in Italy (for about \$10) or online (for about \$20)

- Books (optional):** The best guide we have found for the Ortler area is:

Alpine Ski Mountaineering, Volume 2: Central and Eastern Alps. By Bill O'Connor, Cicerone, 2003.