**WHAT WILL I NEED**

The key to happiness and enjoyment in ski touring is having the right equipment so you can cope with whatever the environment throws at you. At Glenmore Lodge we are extremely fortunate to be partnered with Atomic skis and Scarpa ski boots. These partnerships allow us to maintain a modern range of ski touring boots and skis in our purpose-built ski store.

\* Starred Items are available to borrow from GL Stores

PERSONAL EQUIPMENT

• \*Skis with touring bindings, skins and ski crampons

• \*Ski Poles – ideally fixed length

• \*Ski Mountaineering Boots – for example Scarpa Maestrale 2 or Maestrale RS2

• \*Helmet

• \*Avalanche Transceiver – for example Pieps DSP Sport or Pro

• \*3m Probe and Shovel

PERSONAL CLOTHING

• Waterproof Jacket – breathable, Goretex Proshell is ideal.

• Waterproof Ski Trousers

• Thermal Bottoms, thermal Tops – long sleeves

• Mid Layers – Fleece or synthetic

• Soft Shell or fleece Jacket

• \*Lightweight Belay Jacket

• Sun hat and warm hat

• Sunglasses

• Ski Goggles

• Warm Gloves: Thick and Thin

• Ski Socks

• \*Compass and whistle – your Guide will have all the necessary maps and guidebooks

• Headtorch

• \*Rucksack – 35-45 litres.

• Waterbottle or Flask.

• Suncream and Lip Salve – SPF 30 minimum

• Personal first aid