**UKSS Off Piste Leadership awards – Sidecountry Leader**

**Personal Equipment** (\* Starred Items are available to borrow from GL Stores)

Skis.

Ski Poles – ideally fixed length.

Alpine Ski boots, Freeride – Hike/Ride boots

Helmet – Optional.

Ski Touring Rucksack 30 – 40 litre – Ideally with a dedicated Avalanche Safety pocket.

\*Avalanche Transceiver – for example Peips DSP Sport or Pro, Arva.

\*3m Probe and Shovel

**Personal Clothing**

Waterproof Jacket

Waterproof Ski Trousers

Baselayers

Mid Layers – Fleece or synthetic

Soft Shell or fleece Jacket

Lightweight Belay Jacket

Warm Hat/Buff

Sunglasses / Ski Googles

Warm Gloves: Thick and Thin

Ski Socks

1:50k Map of Cairngorms, either a map case or laminated. If travelling to outlying areas GL will provide the relevant paper map sections.

Compass and whistle

Head Torch and spare batteries – for example Petzl Tikka or Tikka +

Waterbottle or Flask

Suncream and Lip Slave – SPF 30 minimum

Personal first aid – some tape, Compeed, plaster for blisters and your own pain relief (aspirin, ibuprofen, paracetamol)