

EQUIPMENT CHECKLIST

There are special equipment requirements for each of the different activities – alpine skiing, snowboarding, cross-country skiing and ski touring/ bushwalking. Please contact your local professional ski retailer who can advise you on the best equipment to meet your requirements.

Before purchasing equipment and clothing, ensure that they are suitable

to your needs. If possible, hire the same equipment before purchasing. If you would prefer not to purchase equipment, it is available for hire from most ski/board outlets and specialist hire stores.

If you have your own equipment, always have it checked and serviced by a reputable technician before hitting the slopes.

ALPINE SKIING EQUIPMENT

- Ski boots*
- Skis*
- Helmet
- Poles
- Drink bottle
- Lip balm
- Sunscreen

SNOWBOARDING EQUIPMENT

- Snow boarding boots*
- Snowboard*
- Helmet
- Wrist guards
- Retention devices
- Drink bottle
- Lip balm
- Sunscreen

CROSS-COUNTRY SKIING EQUIPMENT

- Cross-country boots*
- Cross-country skis*
- Helmet
- Daypack
- Drink bottle
- Lip balm
- Sunscreen

SKI TOURING AND BUSHWALKING EQUIPMENT

Each party member should carry a survival kit, even on short trips, in summer or winter.

PERSONAL SURVIVAL KIT

- Sunscreen
- Mobile phones (note warning on black spots)
- Matches in a waterproof container and/or a cigarette lighter
- Map
- Compass
- Whistle
- Space blanket or large plastic bag
- Plenty of food and drink for your trip
- 6 to 10 metres of 2-3mm cord
- A roomy day pack or rucksack
- Filled water bottle

GROUP EQUIPMENT, EVEN ON THE SHORTEST TRIP

- Tent or emergency shelter
- First aid kit
- Stove, fuel and billy
- Repair kit



* Important: Your boots and skis must be fitted by a professional