A high-altitude ski tour calls for a full set of ski touring, avalanche and mountaineering equipment. Check that your skis, bindings, skins, ski crampons, boots and mountaineering crampons are all compatible before you fly.

Ski-touring and avalanche kit

- Ski-touring skis with bindings that have a walk mode
- Skins, trimmed to your own skis
- Ski crampons compatible with your bindings
- Touring boots compatible with your bindings and with mountaineering crampons
- Adjustable ski poles with winter baskets
- Avalanche transceiver
- Avalanche probe
- Avalanche shovel
- Helmet
- A 30-50 litre rucksack with a ski carry system

Climbing equipment

- Mountaineering crampons compatible with ski-touring boots
- Classic ice axe
- Climbing harness
- Three screwgate karabiners
- Two prusik loops, or accessory cord, as your guide advises
- Cow’s-tail lanyard
- Head torch and a spare set of batteries

Clothing and footwear

- Base layer, top and bottoms
- Warm mid layer
- Softshell jacket and trousers for walking
- Waterproof shell jacket with a hood
- Waterproof shell trousers that can be pulled on over your boots
- Warm down or synthetic jacket with a hood
- Thin gloves for the ascent
- Warm ski gloves
- High-altitude mittens
- Warm hat and a buff or balaclava
- Warm ski-touring socks
- Light footwear for the city and for Polour

Personal items

- A sleeping bag with a comfort rating of -10 °C or lower
- Insulated sleeping mat
- Category 3-4 mountain sunglasses
- Ski goggles for wind and poor visibility
- Vacuum flask, 1 litre, without a push-button lid
- SPF 30-50 sun cream and lip protection with an SPF
- Personal first-aid kit and any medication you take
- Power bank, and waterproof packing for documents and electronics