

Gear list for
OUR SKI TOURING COURSES (*for courses + 1 day ; ** for glacier ski touring courses only)

Head and eyes	1 warm hat or balaclava ; 1 pair of sun glasses (protection 3 or 4) and snow mask
Bust	1 lightweight thermal top (polypropylene or capilene ®) ; one fleece jacket or synthetic down jacket ; 1 Gore-Tex ® (or similar breathable shell clothing),
Hands	1 pair of warm ski gloves ; 1 pair of polartec gloves
Legs	One soft shell pant or Gore tex pant and one polartec fleece pant
Feet*	<i>Non cotton socks</i> (3 pairs)

Personal Gear

Don't forget :	Sun block and lip cream. Small headlamp with a new battery*. Small compact camera. 1 Silk Liner* ; Bag thermos or camelback (1 liter minimum), pocket knife, coverage of survival, plastic sacks to protect your gear, toilet paper, small toilet towel*
Rucksack*	For a 2 days to 6 days course, you need a 40-45l max rucksack. (space for bag lunch, water, shovel and probe). For one day : 25-30l Put first the voluminous and light gear, the down jacket... Put the heavy stuff next to your back and in the middle of your pack (food, helmet,...) ; You will end up with the light gear that you will probably need during the day, therefore keep them at the top of your pack (fleece, gloves, hat,...) ; Avoid hanging gear outside the pack (except your skis or ice axe of course) : you will loose them....or you will make a lot of noise!
Aid Kit*	Your personal first aid kit (second skin, Elastoplast â , aspirin, personal medicines and toilet articles)
Dans une pochette étanche :	ID / Passport. ; money , Credit card, votre contrat d'assistance (obligatoire : si vous n'en possédez pas, nous vous invitons à en souscrire une par notre Assurance Europ Assistance).

Technical gear

Lent	1 harness (on glacier), 1 tranceiver, 1 shovel and one probe per person thanks to our partner Backcountry Access
Not lent	Ski touring skiing, ski poles, ski touring shoes, ski touring skins and crampons, 1 pair of shoes crampons**, 1 ice axe**