

## DAY TOUR EQUIPMENT LIST

### RECOMMENDED CLOTHING

Ski touring is hot work! Wear a multi layer system for easy temperature adjustment. Heavily padded ski suits are not suitable as they have inadequate temperature control and will become too hot. Cotton is also unsuitable as it does not retain warmth when wet.

- **DO wear wool or synthetics!**
- **DO NOT wear cotton!**

You may choose to wear specialised cross country ski clothes or use the suggestions below:

- Thermals, top and bottom (base layer)
- Thin wool jumper or polar fleece (middle layer)
- Thick wool jumper or polar fleece (middle layer)
- Windproof outer layer eg tracksuit pants (outer layer)
- Warm wool socks
- Warm gloves
- Warm hat or beanie
- Sun hat

### ESSENTIAL EQUIPMENT YOU MUST HAVE FOR ALL CLUB TOURS

This is in addition to the clothing list above and must be carried on all tours.

#### WET WEATHER GEAR

- Water proof jacket
- Water proof over pants
- Water proof over mitts (if your gloves are not water proof)

#### SAFETY EQUIPMENT

- Sun glasses
- Sunscreen for face and lips
- Personal first aid kit including bandaids for blisters
- Emergency blanket or other shelter

#### FOOD

- Water bottle or "Camel Back" (full) approx 1 litre or more
- Adequate food for tour including high energy snacks of choice eg; muesli bars, chocolate, nuts, dried fruit, etc.

#### OTHER EQUIPMENT

- Backpack
- Cross country skis, stocks and boots appropriate for the tour (these will be picked up in Cooma or Jindabyne on the day)
- Any additional equipment the leader may specify for the tour

#### OTHER USEFUL EQUIPMENT

- Water proof gaiters
- Small closed cell foam mat to sit on
- Whistle
- Water proof matches or lighter
- Map and compass
- Pocket knife or Leatherman
- Small torch
- Toilet paper
- Change of clothes for trip home