

## ALPINE EXPOSURE



The sail and ski program provides the opportunity to travel light. We will spend each night on the boat - either at the dock or at an anchorage. This allows us to travel with a lightweight pack filled with just the essential things to ski tour efficiently and to be equipped for challenging terrain. Study this list carefully and please ask for evaluation of your current equipment if needed.

Items marked with a **(R)** are available to rent from a shop in Tromsø

### Ski Equipment

- ❑ **Alpine Touring (Randonnée) Skis:** We find a mid-fat ski to be the most enjoyable choice for this type of tour. If your ski is too fat it tends to be heavier and more difficult to use established skin tracks. Ideal underfoot dimensions are 85-105 mm range, anything wider than 105 will cause difficulty on firm skin tracks.
- ❑ **Ski Boots:** Touring boots with walk-mode
- ❑ **Ski Crampons (R):** Ski Crampons are required for this trip. These are the type of crampons that attach to the binding. Contact us if you have questions on how to find ski crampons that will work with your setup.
- ❑ **Ski Skins (R)**
- ❑ **Ski Poles (R)**
- ❑ **Ski Strap:** Make sure this fits around your skis and poles

### Other Equipment

- ❑ **Backpack (R):** 30 - 35 liters with the ability to attach skis easily.

### Upper Body Clothing

- ❑ **Lightweight T-shirt**
- ❑ **Synthetic Long Underwear Top:** i.e. Patagonia Capilene 2 Zip Neck
- ❑ **Light Fleece Shirt:** i.e. Patagonia R1 Hoody or R1 Pullover
- ❑ **Insulating Layer:** i.e. Patagonia Micro Puff hooded jacket.
- ❑ **Hard or Soft Shell Jacket:** You'll need something to protect you from wind and precipitation and as always go for lightweight. It is not recommended to bring an insulated shell.

### Lower Body Clothing

- ❑ **Underwear:** We recommend three pair.
- ❑ **Synthetic Long Underwear Bottoms:** i.e. Patagonia Capilene 2
- ❑ **Synthetic Climbing Pant:** i.e. pants with a bit of wind resistance and which have a built in gaiter/cuff that works well enough with ski boots
- ❑ **Hard Shell Pants:** Lightweight with full side-zips and built in gaiter

## **Head, Hands, and Feet**

- **Warm Hat or Balaclava**
- **Neck Gaiter or Buff:** This can be good for protecting your face in a cold wind. The Buff is a lightweight neck gaiter that has innumerable uses including doubling as an ear band.
- **Sun Hat**
- **Dark Sun Glasses**
- **Ski Goggles**
- **Mid-Weight Gloves**
- **Ski Gloves**
- **Socks:** These should be a mid weight wool or synthetic ski sock, no cotton.

## **Other Items**

- **Food:** Breakfast, lunch, and dinner are provided by the boat operator and are covered by the cost of the trip. Personal snacks should be purchased ahead of time.
- **Water Bottle or Thermos:** A good combination is one 1/2 liter thermos & one 1-liter water bottle.
- **Head Lamp:** remember to get a fresh set of batteries
- **Pocket Knife:** It is nice to have a multi-purpose tool and corkscrew in the Alps.
- **Repair Kit:** Bring a small kit specific to your bindings. If you are on Tele gear with cable bindings bring an extra cable. We will provide basic repair kits
- **Blister Kit:** Duct tape, moleskin, Compeed pads and band-aids.
- **Sunscreen:** 2 x 1 oz. tubes with high SPF factor (30 or higher)
- **Lip Balm w/ sunscreen**
- **Toiletries:** Very small tube of toothpaste, toothbrush. Keep this very light.
- **Ear Plugs:** For noisy huts
- **Sleeping Sacks:** This is a thin silk sack i.e. Cocoon Silk Travel Sheet
- **Small Camera:** We do not recommend bringing a big SLR.
- **Street Clothes:** For start and end of the trip.
- **Passport:** Make sure that your passport is valid for three months after your departure and also make a photocopy to carry on the tour.
- **Money:** Norway uses the Kroner - not Euros. ATMs work well in town. Call your credit card company and tell them that you are traveling in Europe. Also make sure you know your PIN for withdrawals.

## **We Will Provide**

- **Avalanche Beacon**
- **Shovel**
- **Avalanche Probe**