



Northern Dolomites Ski Traverse Equipment List

Technical Equipment

- Alpine touring skis for spring ski touring, no wider than 100 mm underfoot
- Alpine touring boots, compatible with touring binding
- Ski crampons compatible with your skis and bindings
- Adjustable ski poles
- Climbing skins, well glued and precisely fitted to your skis (leaving the edges free once applied to ski base)
- Modern, 3-antenna avalanche transceiver
- Lightweight, metal snow shovel
- Avalanche probe (two to three meters long)
- Backpack (40 - 50 liters) with outside straps to attach skis and crampons
- Climbing harness for glacier travel
- One triple-action locking carabiner or two conventional locking carabiners
- Crevasse rescue equipment, if you are familiar with it. (Prusik cords, webbing, pulleys, auto-locking device). Your guide will bring a full set.
- General repair kit and Leatherman (can be shared between several people)
- Spare parts specific to your equipment
- Ski helmet (optional)

Clothing

We suggest using the layering system: Bring light, technical clothing that doesn't take much space in your backpack and dries quickly when sweaty or wet. Layers can be added and taken off quickly when weather conditions change during the day.

- Wind and waterproof shell jacket with hood (Gore-Tex or similar)
- Wind and waterproof over pants (Gore-Tex or similar)
- Warm pants (eg. lined Schoeller fabric)
- Thick fleece or wool pullover, or PrimaLoft jacket
- Medium weight fleece shirt
- Capilene, fleece or wool underwear, top and bottoms
- Two or three pairs of gloves (lightweight and heavier weight)
- Scarf or neck gaiter
- Socks (synthetic or wool, thick outer and thin liners)
- Wool or fleece hat, covering the ears
- Gaiters that fit over your ski boot (unless pants seal tightly to your boots)
- Sun hat, preferably with wide rim
- Bandana (optional)

Around the huts and guesthouses

- Spare underwear and socks
- Toiletries (minimum supply with small containers for soap and shampoo)
- Small, lightweight travel towel
- Down vest or light insulated jacket (optional)
- Lightweight sleeping bag liner (preferably silk). Wool covers or duvets are provided in the huts
- Light hut slippers or crocs (optional). Some huts provide them, others don't.
- Alpine Club card, if you are a member
- Ear plugs (recommended)

Other items

- Sun glasses with high UV protection. Nose cover optional. Extra pair of glasses in the group is a good idea
- Goggles with high UV protection
- Sun screen and lip protection with high SPF
- One-litre water bottle with an insulator. Water bladders not recommended
- Small thermos (optional)
- Headlamp with spare battery
- Rain cover specific to your pack, or large plastic bag
- Light stuff sacs or Ziploc bags to keep your backpack organized and important items dry (recommended)
- Snacks (nutrition bars, dried fruit and nuts, etc.) Lunch food can be purchased in the huts and guesthouses
- Personal first aid kit and other needs (eg. blister kit, prescription medicine, anti-inflammatory, contact lenses, prescription glasses, etc.)
- Pocket knife (optional)
- Passport
- Health and travel insurance documents
- Camera, spare batteries (optional)
- Compass, maps and GPS (optional)
- Ski wax / skin wax
- Hand sanitizer or sanitary hand wipes