

<h1>Check-list ski touring</h1> <h2>Race skis</h2>	✓
" need"	
Hot hat	
Cap for sun	
Sun glasses	
Ski mask	
Under weat like carline	
Polar fleece jacquet	
Gore Tex jacket	
Under trousers like carline	
Ski trousers	
Two pairs of socks	
Ski touring shoes	
2 Waterproof hot gloves	
Waterproof over gloves	
In the bag back	
Ski touring or climbing bag back	
Good capacity (± 45 litres)	
Thermos	
Knife	
Personnal pharmacy	
Plastic bags for protecting things	
Toilett paper	
Survival blanket	
Head torch	

Camera	
IN A WATER PROOF BAG	
Identité card	
Insurance	
Local money	
SKIS	
Ski touring	
Seal skinning	
Ski crampons	
Ski touring poles	
Wax (OXO) glue for skins	
SECURITY MATERIEL PACK FOR AVALANCHE	
Harness and locking Karabiner	
Avalanche transceiver	
Avalanche probe 1 for 3	
Crampons adapted for ski touring shoes	