

Checklist for ski touring (Did I think of everything?)

- General:**
- Backpack
 - Touring skis
 - Touring boots
 - Adhesive ski skins + poss. replacement skins
 - Crampons matched to the ski bindings
 - Telescope ski poles
 - Avalanche search device (ASD)
 - Avalanche shovel
 - Avalanche probe
 - colltex waterproofing wax
 - colltex Quicktex
 - First Aid kit
- Clothing:**
- Gore-Tex jacket
 - Touring trousers
 - Touring socks
 - Thermal underwear
 - Extra t-shirt
 - Primaloft or fleece jacket
 - Cap or headband
 - Touring gloves
- Miscellaneous:**
- Identification card (SAC, ID)
 - Rail pass
 - Sufficient cash
 - GPS
 - Compass, altimeter, maps
 - Cellphone
 - Food (energy bars, dried fruit, nuts, dried meat, bread, chocolate)
 - Thermos or water bottle with drink
 - Sun blocker
 - Sunglasses
 - Ski goggles
 - Ski helmet
 - Pocketknife
 - Plastic bag
 - Personal medication
- Multi-day ski tours:**
- Toilet necessities (minimum)
 - Extra underwear (also used for pajamas)
 - poss. silk sleeping bag
 - Headlamp
- Glacier tours:**
- Ice axe
 - Crampons
 - Rope harness
 - Cord
 - 2 karabiners
 - Rope