

SKI-TOUR SAFETY REQUIREMENTS

Freeride equipment

- freeride skis/snowboard;
- avalanche equipment — beacon, probe, shovel;
- backpack with ski-carrying system;
- helmet;
- extra gloves, extra fleece/down jacket;
- quick energy snack;
- personal medications.

Ski-tour equipment

In addition to the list above:

- ski-tour skis/splitboard (or snowboard + snowshoes + telescopic poles);
- water supply, at least 0.5 l, thermos;
- sunglasses.

Skills

- confident/advance skiing

Recommended also

- Suncream
- silver armoured sellotape
- first-aid materials