

Introduction to Ski Touring

Participants on this course should meet the instructor at Castleton Hall at 9am.

Equipment List

Here is a list of **essential items**; if you do not have these items you will need to hire them. You will find details of hire options at the bottom of the page.

- Skis with touring bindings
- Ski poles
- Skins
- Ski touring boots
- Harscheissen (ski crampons)
- Avalanche transceiver
- Shovel
- Avalanche probe
- Headtorch
- Goggles
- Sun Glasses
- Warm Hat
- Warm Gloves
- Waterproof jacket with hood
- Waterproof Ski trousers
- Thermal bottoms or fleece trousers
- Thermal top - long sleeves
- Mid layers - fleece or synthetic
- Soft shell or fleece jacket
- Belay jacket (spare warm jacket)
- Rucksack 20 - 35 litres
- Vacuum flask and/or water bottle
- Packed lunch
- Sun cream and Lip Salve

****Ski touring equipment can be hired from:**

Braemar Mountain Sports, Braemar

http://www.braemarmountainsports.com/index.php?main_page=rental

Tiso, Perth

<http://www.tiso.com/shops/perth-outdoor-experience>

Craigdon Mountain Sports, Perth

<http://www.craigdonmountainsportspertth.com/portfolio-item/ski-touring-hire/>

(*Ski Touring equipment is **not** available to hire from Glenshee)

***** A limited number of avalanche transceivers, shovels and probes can be hired from:**

Braemar Mountain Sports, Braemar

http://www.braemarmountainsports.com/index.php?main_page=rental

and they are also available from here <http://www.outdoorhire.co.uk/snow.php>.