

OFF-PISTE EQUIPMENT CHECKLIST

Off-piste in the Unnamed Valley, Val Thorens, April 08. Pic by Rob Rees.

A really useful list compiled from a number of posts on the snowHeads forum which fits easily in to my 27 litre pack with room to spare:

On Person:

- Transceiver
- Lift pass
- Lip salve
- Piste map
- Insurance card & E111 (if in Europe)

In Backpack (with ski/board carry strap facility):

- Water in hydration system
- Energy bar/chocolate
- Hat
- Face mask
- Snood
- Powder traces
- Spare mid weight fleece
- Spare gloves
- Spare goggles
- Sunglasses

Sun cream
Mobile phone with emergency numbers
Inclinometer
Shovel
Probe
Whistle
Compass
1:25000 map
Headband torch
Leatherman multi-tool with no.3 pozi bit
Spare pole basket
Cash
Credit card
Pen
Camera
Thermal blanket
First Aid kit including glucose tablets
Duct tape (a length can be taped around the shaft of each pole)
Moonflex Minituner & alu-oxide stone (or Edge Trick tuning tool)

The European emergency services telephone number is 112.

The international distress signal is six short sharp blasts on a whistle (or torch flashes) followed by a one minute break/silence, then repeat.