



Nordic Ski Touring

Your gear will be checked at 8am on the morning of departure. Please bring as many of the items on the equipment list as you can. We can provide at no extra charge any items in list A that you are missing.

All ski equipment (Telemark skis, Telemark boots, skins, poles, transceiver, shovel, probe, etc.), is provided. We have 75mm 3-pin bindings on our skis. If you have shoe size larger than European 45 or feet longer than 30cm, then you will need to arrange your own boot hire, please see below.*¹

Sleeping bags, mattresses and pillows are at the hut. We provide you with a cotton sleeping bag liner and pillow case. If you have your own sleeping bag liner, please bring it (silk is lighter than cotton). You do NOT need to bring hut shoes (provided). Please note that all food is provided.

Equipment & Clothing Checklist

A: Equipment which Alpine Recreation can provide if you do not have your own:

- backpack minimum 45 litre capacity
- snow gaiters
- 2 pairs woollen socks
- polyprop long johns (thermal leggings)
- fleece trousers
- waterproof overtrousers
- polyprop singlet, long sleeved
- wool jersey or fleece jacket
- waterproof parka (with hood)
- gloves or mittens
- overmitts
- wool hat or balaclava
- sun hat
- headlamp or torch with spare battery
- plastic bags
- pack liner (heavy duty plastic bag)

B: Equipment you must bring yourself/Alpine Recreation do not provide:

- personal underwear
- shirt (long-sleeved to avoid sunburn/keep cool)
- sun glasses (high enough UV rating for snow)
- sun and lipscreen
- sun scarf - for protecting ears & back of neck
- personal first aid (please provide your own blister kit)**²
- toilet gear (minimal)
- camera
- down jacket (optional - hut is well heated)
- ear plugs (to provide immunity in case of snorers!)
- drink bottle (minimum 1 litre)

*¹ Leather Merrell Telemark boots that fit a 75mm 3-pin Rottefella binding can be hired from R & R Sport, 1 Picton Ave, Tower Junction, Christchurch [christchurch_corner@rrsport.co.nz; 03 348 7980]. It pays to book them in advance.

**² We recommend Compeed and Leukoplast - available at chemists in Christchurch/Queenstown.