

Equipment check list – Ski & Snowshoe

Oceanwide Expeditions provides:

Snowshoe hiking essentials

- snowshoes (for all guests aboard)

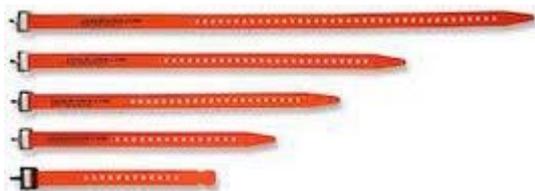
Required personal to be brought by individuals (not provided by Oceanwide Expeditions):

Travel

- Day pack (suitable for tying skis on) with a volume of. 30 – 40 liters (optional airbag system , www.abs-airbag.com).

Zodiac landings (ship-shore shuttles by rubber inflatable dinghy / zodiac)

- Waterproof footwear: Every landing is potentially a wet landing (depending on wave action, tide or terrain). To get on or off the dinghy/ zodiac, expect to step into ankle-deep water or into knee-deep water with potential 'dips'. Consider bringing rubber boots or take other precautions (i.e. waterproof motorcycle overboots to cover your ski boots up to your knees)
- Ski straps (see image below). Skis and poles need to be bundled individually (1 bundle/person) for ship-shore operations - please only with velcro or rubber straps!



Snowshoe hikes

- telescoping poles
- snack foods (i.e. power gels, energy bars, etc.) / powdered drinks

Ski mountaineering

- harness
- screw gate carabiners (2 p.p.), snap-link carabiner (2 p.p.)
- ice axe (1 p.p.)
- tape sling (2 p.p.)
- prussic loops / T-bloc (if available)
- randonnées skis or telemark skis / ski poles
- ski boots
- Crampons (already fit to ski boots)
- skins (adhesive / glue)
- ski crampons (harscheisen)
- ski strap (see above)
- snack foods / energy bars for lunch / breaks
- avalanche shovel
- avalanche probe
- avalanche transceiver (beacon)
- rope (UIAA approved) – 1x each for every rope party (pref. 50 m)
- bivy bag – 1x each for every rope party (pref. 2-person)

Equipment check list – Ski & Snowshoe

Clothing – Outer, 3rd layer

- Windproof, waterproof, breathable jacket with hood (shell)
- Windproof, waterproof, breathable pants/salopettes (shell)
- lightweight hooded Primaloft / down jacket

Thermal , 2nd layer (underwear)

- Synthetic /wool / fleece jacket / pull-on (collars not recommended, zips are better)
- Synthetic touring pants/salopettes
- Windstopper / Softshell vest or jacket

Base , 1st layer (underwear)

- thin top (long/short sleeves/zipped): preferably wool
- thin pants/long johns : preferably wool
- 2 Synthetic/wool hats (covering ears)
- balaclava / skull hood: synthetic/wool
- Windproof cap with beak / sun hat
- Neck gaitor/scarf/headband

Feet/Legs

- Ski mountaineering boots with removable liner boots
- thin/thick long socks : synthetic/wool
- thin synthetic under socks (against blisters)
- Skiers: you may wish to bring ankle high hiking boots (for near shore hikes)
- Snowshoe walkers: ankle high hiking boots are required.

Hands

- Ski/mountain gloves (if prone to have cold hands: windproof outers / mitts)
- 2 pairs thermal mitts/ finger gloves with Windstopper: synthetic/wool
- optional: Thin (base layer) mitts/gloves : synthetic/wool

Eyes

- 1 x ski goggle (windproof)
- 2 x sun glasses with appropriate UV protection and ocular protection
- spare personal glasses/ contact lenses

Skin and hygiene

- sun block sun screen, fatty lip salve (not water-based)
- ear plugs

Miscellaneous

- Personal medication (waterproof container/zip-loc bags)
- Compeed band-aids (blister protection) and sport tape
- 1 liter water bottle with wide opening / big lid (thermos)
- waterproof bag (for spare clothing / camera equipment)

Do not bring:

- please don't bring "heating elements/bars" for drying ski boots, which are not allowed due to the danger of fire on board
- fishing equipment