



# Sail to Ski Lyngen Alps

## Gear List

<b>Skis With Alpine Touring bindings</b>	We recommend a TOURING SKI with a waist between 105cm and 116. Skis should be equipped with touring binding, preferably TECH STYLE BINDINGS.
<b>Ski Poles</b>	We recommend an <a href="#">ADJUSTABLE POLE WITH EXTENDED GRIP</a> .
<b>Climbing Skins</b>	<a href="#">SKINS</a> need to be in good condition and cut to fit your ski.
<b>Ski Touring Boot</b>	<a href="#">BOOTS</a> need to be compatible with your bindings. Boots must have a walk mode.
<b>Ski Crampons</b>	<a href="#">SKI CRAMPONS</a> must be compatible with you bindings and ski waist width
<b>Boot Crampons</b>	We highly recommend <a href="#">ALUMINUM CRAMPONS</a> . Make sure they work with your ski boots.
<b>Harness</b>	<a href="#">HARNESS</a> must fit over ski clothing, be light weight and in good condition. You should also have 2 locking carabiners and a belay device.
<b>Ice Axe</b>	<a href="#">ICE AXE</a> needs to be light weight and short (Less than 55cm).
<b>Ski Backpack</b>	A <a href="#">GOOD SKI PACK</a> should be light weight and have a dedicated pocket for your avalanche rescue gear and be between 35-50 liters.
<b>Avalanche Rescue Gear</b>	You will need a <a href="#">SHOVEL</a> and <a href="#">PROBE</a> . The Shovel should have an extendable handle, an aluminum blade and fit into you pack without sticking out. Make sure your probe is in working order.
<b>Avalanche Beacon</b>	Your beacon should be a <a href="#">MODERN DIGITAL BEACON</a> . Come with new batteries in your beacon.
<b>Ski Helmet</b>	While we don't require you to ski with a <a href="#">HELMET</a> we do highly recommend it.

<b>Beanie</b>	Light or medium weight <a href="#">BEANIE</a> .
<b>Buff/Neck Gaiter</b>	We recommend a <a href="#">LIGHTWEIGHT BUFF</a> as it has many uses.
<b>Goggles</b>	We really like <a href="#">GOGGLES WITH CHANGEABLE LENSES</a> for use in bright and low light. They should also be compatible with your helmet.
<b>Sun Glasses</b>	Even if you always prefer to ski in goggles, <a href="#">SUN GLASSES</a> are needed for the up. Goggles will get fogged with sweat.
<b>Warm Glove</b>	How warm depends on you. We recommend a durable well fitting <a href="#">SKI GLOVE</a> .
<b>Light Gloves</b>	Lighter weight gloves are recommended for hiking up to reduce sweating
<b>Hard Shell Jacket</b>	Waterproof/breathable <a href="#">JACKET WITH VENTILATION</a> .
<b>Light Insulating Jacket</b>	Breathable <a href="#">LIGHT INSULATING JACKET</a> .
<b>Mid to Heavy Insulating Jacket</b>	When temps are cold, you will be happy for a nice <a href="#">WARM JACKET</a> .
<b>Top Base Layer</b>	We really like <a href="#">SUN HOODIES</a> .
<b>Ski Pants</b>	We recommend a <a href="#">LIGHT OPTION</a> or a more <a href="#">WATERPROOF OPTION</a> .
<b>Bottom Base Layer</b>	<a href="#">BOTTOMS</a> .
<b>Sunscreen</b>	We prefer <a href="#">LIGHT WEIGHT SOCKS</a> .

<b>Ski Socks</b>	50 SPF or greater. Make sure your tube is not old as sunscreen can lose it's effectiveness over time.
<b>Small First Aid Kit</b>	This should contain blister repair material, over the counter pain killers and a few bandaids. We will have a full sized med kit on the boat as well as field kits with the guides.