



In The Company of Guides Lyngen Alps Sail to Ski Gear List

SKI and Technical Gear

Skis With Alpine Touring bindings: We recommend a [light touring ski](#) with a waist between 98cm and 106. Skis should be equipped with touring binding, preferably [tech style bindings](#).

Ski Poles: We recommend an [adjustable pole](#) with extended grip

Climbing Skins: [Skins](#) need to be in good condition and cut to fit your ski.

Ski Touring Boot: [Boots](#) need to be compatible with your bindings. Boots must have a walk mode.

Ski Crampons: [Ski Crampons](#) must be compatible with you bindings and ski waist width.

Boot Crampons: We highly recommend [aluminum crampons](#). Make sure they work with your ski boots

Harness: [Harness](#) must fit over ski clothing, be light weight and in good condition. You should also have 2 locking carabiners and a belay device.

Ice Axe: [Ice Axe](#) needs to be light weight and short (Less than 55cm)

Safety Gear

Ski Backpack: A good [ski pack](#) should be light weight and have a dedicated pocket for your avalanche rescue gear and be between 35-50 liters.

Avalanche Rescue Gear: You will need a [shovel](#) and [probe](#). 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.

Avalacche Beacon: Your [beacon](#) should be a modern digital beacon. Come with new batteries in your beacon as well as one extra set.

Ski Helmet: While we don't require you to ski with a [helmet](#) we do highly recommend it.



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Clothing

Head

Beanie: You might want to bring 2 just incase. We recommend one light and one medium weight [Beanie](#).

Buff/Neck Gaiter: We recommend a [lightweight buff](#) as it has many uses.

Goggles: We really like [goggles](#) with changeable lenses for use in bright and low light. They should also be compatible with your helmet.

Sun Glasses: Even if you always prefer to ski in goggles, [sun glasses](#) are needed for the up. Goggles will get fogged with sweat.

Hands

Warm Gloves: How warm depends on you. We recommend a durable well fitting [ski glove](#).

Light Gloves: lighter weight [gloves](#) are recommended for hiking up to reduce sweating.

Upper Body

Hard Shell Jacket: Waterproof/breathable [jacket](#) with ventilation.

Light Insulating Jacket: Breathable light insulating [jacket](#).

Mid to Heavy Insulating Jacket: Temps can be cold, especially on the boat You will be happy for a nice [warm jacket](#).

Top Base Layer: You will want at least 2 base layer tops. We really like [sun hoodies](#) to check this box.

Lower Body

Ski Pants: You are likely to want more than one pair of pants, We recommend a [light option](#) and a more [waterproof option](#).

Bottom Base Layer: You will want at least two pair of [bottoms](#).

Feet

Ski Boots: Also listed above under technical gear.



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Ski Socks: At least 3 pair of whatever you normally use. We prefer light weight [socks](#)

Rubber Boots: While not required, high **rubber boots** are great for getting in and out of the rubber boat.

Personal Items

Sunscreen: 50 spf or greater. Make sure your tube is not old as sunscreen can lose its effectiveness over time

Lip Screen: Make sure it has spf

Small First Aid Kit: 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.

Personal toiletries: Toothbrush, Paste, razor, Shampoo and soap etc. There is a shower on the boat. Plan accordingly.

Towel: For your Shower

Travel/Casual Clothing: There is not a lot of room on the boat, so don't over pack

Smart Phone/Laptop/Camera: There is sometimes wifi on the boat, but don't count on daily high speed access.