



## LOFOTEN SKI GUIDING - EQUIPMENT LIST

### SKIING EQUIPMENT

- Alpine Touring skis\***, Telemark skis, or Splitboard or Snowboard with snowshoes
- Boots** (randonnée, telemark or snowboard with walk mode)
- Ski poles\***
- Skins** cut to fit your skis\*
- Ski crampons** (required for skiers and snowboard)\*\*
- Ski straps** for ski storage

### SNOW SAFETY EQUIPMENT

- Modern Avalanche Transceiver** (457 kHz single frequency)\*
- Avalanche probe\***
- Shovel** (metal! must fit inside backpack)\*
- Ski Helmet** (optional)
- Backpack** (35-45Liter)  
Avalung, avalung pack, or or avalanche airbags (good to have but NOT required)
- Small personal First Aid Kit** (guides carry first aid kit as well)
- Cellular phone**

### SKI MOUNTAINEERING GROUPS

- Light harness** w/ adjustable leg loops, belay loop and gear loops\*
- 1 Locking carabiner\***
- Skiing helmet or Climbing helmet\***
- 1x 120cm sling\***

- 2x prusick\***
- 1x ice screw\***
- Ice axe\***
- Boot crampons\***

### CLOTHING

- All necessary under, mid, and outer layers** appropriate for skiing in winter conditions
- Winter gloves** (multiple pair)
- Warm hat**
- Sun hat**
- Balaclava or neck gaiter**
- Socks** (multiple pair)

### OTHER ACCESSORIES

- Headlamp**
- Sunglasses**
- Goggles** (light lenses)
- Sunscreen** SPF 30 or greater
- Lip balm** SPF 30 or greater
- Water container** (one-liter minimum)
- Thermos bottle** (optional)

- Camera**

### LOFOTEN SKI LODGE / SKYDANCER GUESTS

- All bed linens are included**
- Personal Toiletries**

\* Rental available

\*\*Rental available for Dynafit and Marker Kingpin