**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

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

### LOFOTEN SKI LODGE / SKYDANCER GUESTS
- All bed linens are included
- Personal Toiletries

* Rental available
** Rental available for Dynafit and Marker Kingpin