



SMART

MOUNTAIN GUIDES

Women's Steep Skiing Camp Equipment List

This is a list of the recommended clothing and equipment you will need if you are coming on one of our Women's Steep Skiing Camps in Chamonix or Verbier.

Equipment provided by Steep Skiing Camps for use during the week

- Avalanche transceiver – we provide and recommend the Backcountry Access Tracker avalanche transceivers or the Barryvox Pulse
- Avalanche shovel
- Avalanche probe
- Climbing harness and 2 locking carabiners
- Backpack – a 20-35 liter pack will work best. It must be able to carry a shovel, probe and some extra clothing layers, have attachment points to carry your skis and not be too big, heavy or bulky to ski with.

If you have any of these items then you are welcome to bring them with you and use them during the camp as long as they are in good working order.

Ski Equipment

The majority of the camp we will be skiing downhill, so most people prefer to bring "alpine boots." The newer "alpine boots" with rubber soles for walking on rocks are great but not necessary. Touring boots are usually not necessary due to the shorter lengths of the tours and the long descents. You'll definitely want high performance boots for the big vertical days. Some of the newer touring boots perform very well, as long as they work well for you. It is ideal, but optional to have skis with touring bindings. If you don't have touring bindings you will usually end up needing to rent skis at least one day out of the camp, these will be provided with skins and ski crampons. If you have your own skins and ski crampons, bring them with you. It is NOT possible to rent just skins and ski crampons from a shop so please do not expect this.

- Skis - one pair must be minimum 85mm underfoot and maximum 105mm underfoot. If you would like to bring an additional pair of skis that is up to you – such as a fatter pair for the big days.
- Ski Boots - MUST FIT WELL. Be sure that your boots are comfortable and that you have skied in them before the camp.
- Poles - adjustable poles are nice.
- Goggles - at least 2 pairs, it also nice to have dark and light lenses.
- Sunglasses

If we are going to undertake more ski touring and glacier skiing on a camp then the following items may also be required:

- Skis and boots for ski touring with skins that fit your skis and ski crampons
- Boot crampons

- Ice Axe

Clothing

Bring weatherproof clothing! Think dry, warm, and breathable. The climate in the Alps is mild. You will spend much more time moving on the mountain than you will on a ski lift. It can be very cold and windy at 3800 meters where we get off the lift, and quite warm at the bottom of the runs at 1000 meters. The key to staying warm and dry is to have a good layering system. Try to avoid big thick layers.

- Hardshell Jacket - lightweight, waterproof with a storm hood.
- Hardshell Pants - lightweight, waterproof.
- Midweight Jacket - softshell or DriClime for warm weather.
- Down Jacket - lightweight down or synthetic insulated jacket (not too bulky).
- Fleece top - lightweight fleece top (Windstopper fleece is not recommended)
- Long underwear top.
- Long underwear bottoms or fleece tights (it is good to keep your legs warm to avoid knee injuries).
- Ski socks.
- Ski helmet – we recommend the use of a helmet on all our ski camps.
- Warm ski hat and a cap or sunhat for hot weather.
- Neck gaiter or Buff.
- Gloves - at least 2 pairs, 1 warm and waterproof, the other thin for warmer weather.
- Comfortable clothing for town.

Other Important Items

- Passport.
- Credit Card & Cash - Visa and MasterCard are accepted in many places, but you will need Euros for some of the smaller restaurants and bars. You will get a better exchange rate for cash if you get it from the ATM's in Europe than from a bank teller. Also, it is customary to purchase lunch for your guide, so factor that in.
- Electric plug adapters and/or transformers - be sure to double check the voltage and Hz before plugging things in.
- Travel insurance - highly recommended, because we cannot offer refunds.
- Personal health insurance.

Hiring Ski Equipment and other items

If you need to hire skis and boots in Chamonix or Verbier as well as ski touring kit (skis with ski touring bindings, boots, ski skins, ski crampons) and boot crampons, ice axe then we can help you arrange this in advance, we work with a couple of excellent shops who stock a wide range of downhill and ski touring equipment for off-piste and freeride skiing. Please get in touch with our office to discuss your requirements as we can reserve items in advance of your arrival.

If you have any questions or are uncertain about anything then please [contact us](#).