

LYNGEN, NORWAY KIT LIST

TOPS

- Hard-shell waterproof shell jacket (GORE-TEX or similar)
- 1 Down jacket
- 2 Insulated mid layers (fleece, soft shell or light down jacket)
- 2 Base layer tops

BOTTOMS

- Hard-shell ski touring pants (GORE-TEX or similar)
- Base layer leggings
- Underwear

HEAD GEAR

- Sun cap
- Warm hat
- Buff
- Cat 4 glacier sunglasses
- Ski goggles

HAND GEAR

- Thin softshell gloves
- Thick warm gloves

FOOTWEAR

- Warm socks (Merino wool is ideal)

ACCESSORIES / OTHER

- Headlamp plus spare batteries
- First aid kit and relevant medication
- Mobile phone
- Snacks (bars, gels, dried fruit)
- Water bottles (1-1.5L)
- Wash kit (Ear Plugs Recommended)
- Copy of passport and insurance policy
- Travel clothes
- Credit card / cash for personal expenses

SKI KIT

- Touring skis
- Touring bindings
- Ski boots
- Ski poles
- Skins
- Avalanche transceiver
- Snow shovel
- Avalanche probe
- Ski crampons
- Backpack (35-45L)
- Ski strap
- Helmet
- Ice axe
- Boot crampons
- Harness
- 2 x Screw-Gate karabiners