

## **Check list equipment**

- Freeride skis with touring bindings (binding adjusted)
- Touring ski-boots
- Telescopic poles
- Warm and waterproof skiing clothes
- Warm gloves
- Full-fingered gloves
- Helmet
- Warm hat
- Googles or sun glasses, lips protection, sun cream block
- Valid ski pass
- Backpack (Skis must be able to be attached)
- Shovel, probe and avalanche transceiver
- · Harness and via ferrata set
- Skins, ski crampons and crampons
- Warm drinks
- Packed lunch (high energy foods such as chocolate, dried fruit etc.)

If you do not have your own ski equipment, you can also rent the whole material in a sports shop in Zermatt:

https://www.zermatt.ch/en/content/search?SearchText=Sport+shops

