












AUSTRALIAN ALPS DAY TRIP - CLOTHING LIST

YOU MUST PROVIDE THE FOLLOWING

ITEM	IMAGE SAMPLES	YOU PROVIDE	✓
<p>CLOTHING</p> <p>Thermal top (base layer)</p>		1	
<p>Thermal pants (base layer)</p>		1	
<p>Fleece jacket or pullover</p>		1	
<p>Fleece pants</p>		1	
<p>Shell jacket</p>		1	
<p>Shell pants</p>		1	




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Down puffer jacket - lightweight		1	
Fleece or wool hat		1	
Peak cap		1	
Neck gaiter or 'Buff'		1	
Ski gloves		1 pair	
Liner gloves		1 pair	
Thick socks		1 pair	
FOOTWEAR			
Boots	 <p data-bbox="616 1648 1134 1693">Your boots will be used in our Flexi Ski Binding system. Let us know if your boots are unusually wide.</p>	1 pair	
EYEWEAR			
Sunglasses		1	
Goggles		1	
Spare contact lenses or prescription glasses if required		As required	



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ITEM	IMAGE SAMPLES	YOU PROVIDE	✓
HARNESS / BACKPACK			
Backpack		1	
Water bottle with insulation	 	1	
Sun screen and lip protection (SPF50+)		1	
Pee bottle		Optional	
Camera		Optional	
Mobile phone		Optional	

The weather in the Australian Alps during winter can be very challenging. Blizzards or extremely cold winds may be experienced so bring all items listed.

EQUIPMENT THAT WE WILL PROVIDE

Skis, bindings, skins, poles, snowshoes	 	
Lunch and snacks		
Toilet paper and hand sanitiser		
Navigation equipment	Carried by guide	maps, compass, GPS, (Pocket Earth app)
Communications equipment	Carried by guide	Phone, satellite phone, PLB
Medical Kit	Carried by guide	
Avalanche equipment	Carried by guide	shovel, probe