



















AUSTRALIAN ALPS SKI TOURING - EQUIPMENT LIST

Most of the items we recommend are suitable for polar expeditions as well as this trip so any purchases you make are an investment towards your polar or other cold-climate trips.












We recommend items that we use regularly but there are a multitude of suitable brands and models.

Items marked * can be rented. See details below.

YOU MUST PROVIDE THE FOLLOWING							
ITEM	IMAGE SAMPLES			BRAND AND MODEL EXAMPLES	NOTES	YOU PROVIDE	✓
CLOTHING							
Underwear				Icebreaker Mont	Polypropylene or merino No cotton	as many as you require	
Thermal top and pants (base layer)					Worn next to the skin, polypropylene or merino, two different weights for different temperatures but both can be layered if very cold. Thumb loops on sleeves help to keep hands warmer. No cotton	2 of each	
Fleece jacket or pullover					Worn over thermal top, full zip (gives better ventilating options), Polartec 200 (or 300 if you feel the cold), add extensions to all zippers so you can operate zips with mittens on. Add long extensions to all zipper sliders. No cotton	1	
Fleece pants					Worn over thermal base layer. Polartec 100	1	
Shell jacket *				Mont <i>Thunderbolt</i> Mont <i>Supersonic</i>	Worn over thermals and fleece when very cold, large hood with reinforced rim, large pit zips for ventilation, add long extensions to all zipper sliders. Do not use a mesh- or fleece-lined jacket, it must be a shell only.	1	
Shell pants *				Mont <i>Latitude</i>	With full-length side zips. Add long extensions to all zipper sliders.	1	
Down puffer jacket - lightweight				Mont <i>Zero</i> Rab <i>Microlight</i> MHW <i>Ghost Whisperer</i> Uniqlo <i>Ultralight</i>	Down, windproof, oversized to wear easily over shell jacket when it gets windy/cold. Add long extensions to all zipper sliders.	1	
Fleece or wool hat				Ice trek <i>Lo Go Beanie</i>	Covers ears No cotton	2	
Peak cap					For sun protection	1	


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Neck gaiter or 'Buff'		Buff <i>Original</i>	Protects neck and face, can be worn multiple ways. Silk, fleece or capilene No cotton	1	
Mittens		Iceclimb <i>Kelvin Mitt</i>	Fleece or wool, preferably with a waterproof outer shell	1 pair	
Ski gloves		North Face <i>Guardian</i> Hestra <i>Falt</i>	Removable inner is preferable for ease of drying, treat with leather or Nikwax protection	1 pair	
Liner gloves		North Face <i>PowerStretch</i>	Polypropylene, capilene or merino. For inside the tent. No cotton	1 pair	
Thick socks		Bridgedale Wigwam Smartwool	Heavy weight No cotton	1 pair	
Mid-weight socks		Bridgedale Wigwam Smartwool	For in the tent/sleeping bag, wool or synthetic. Can be used as a trekking sock with liner. No cotton	2 pair	
Nylon liner socks		Bridgedale Wilderness Wear Wigwam	Fine knit, worn next to the skin, helps prevent blisters. No cotton	1 pair	
Tent boots		Exped <i>Camp Booty</i> Macpac <i>Down Booties</i>	For inside the tent and quick trips outside, preferably with nylon outer. Down or synthetic fill	1 pair	
FOOTWEAR					
Boots		Salomon <i>Tundra</i> Merrell <i>Moab</i> Columbia <i>Daska Pass</i> Baffin <i>Revelstoke</i>	Comfortable and worn-in winter hiking boots. Ankle support Waterproof treated Removable inner boot is useful. Do not use mountaineering boots	1 pair	
Snow gaiters		Sea to Summit <i>Alpine Gaiter</i>	Helps keep snow out of boots	1 pair	
EYEWEAR					
Sunglasses / hard case		Julbo <i>Trek</i> Smith Optics <i>PivLock</i> Oakley <i>Flak</i>	Frameless, interchangeable lenses (yellow good for low light), attach a nose piece for wind and sun protection. Carry in hard case. 100% UV protection. Avoid metal frames	1	











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Goggles		Julbo <i>Aerospace</i> Smith Optics <i>Turbo Fan</i>	100% UV protection	1	
Spare contact lenses or prescription glasses if required				As required	
HARNES / BACKPACK					
Backpack *		Mont <i>Sentinel</i> or <i>Contour</i> Sea to Summit <i>Flow Drypack</i>	Used as harness for towing sled, medium size (approx 35litres), padded waist and shoulder straps,	1	
Pack liner		Osprey Sea to Summit	Used to line your backpack (not required if using Sea to Summit <i>Flow Drypack</i>)	1	
Bin liners			Use one to line your sleeping bag storage bag, the other as a spare for keeping things dry or for separating wet things from dry. We will provide a waterproof duffel bag for carrying all of your equipment on the sled.	2	
SLEEPING					
Sleeping Bag *		Mont <i>Main Range</i> One Planet <i>WinterLite 20</i> Sea to Summit <i>Talus III</i>	4-season rated (-20c comfort rating), down fill, tapered, with hood	1	
Sleeping mattress *		Sea to Summit <i>Comfort Plus</i> Thermarest + Ridgerest	Must be R-Value 5+, regular width	1	
Sleeping bag liner		Sea to Summit <i>Silk</i>	For added warmth (and hygiene if renting), lightweight (silk). No cotton	1	
Camp chair		Thermarest <i>Compact Chair</i>	Converts mattress into tent chair, important for resting adequately in the evenings	1 Optional	
OTHER EQUIPMENT					
Bowl, mug, spoon		Sea to Summit <i>Delta Bowl</i> GSI Infinity Backpacker mug with lid Sea to Summit <i>Long-handed spoon</i>	Freezer-safe, mug with lid, long-handled spoon for eating from dinner pouches	1 of each	
Water bottle with insulation		Nalgene bottle with Outdoor Research <i>Parka</i> Camelback Bladder and insulated hose	1 litre minimum, leak-proof, insulated hose if using bladder	1	
Sipper bottle		Nalgene Camelbak HydraPak	Leak-proof, 500-750ml Additional water capacity plus useful as a sipper inside the tent/sleeping bag.	1	

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Water Storage Bladder		Sea to Summit <i>Pack Tap</i> Camelbak <i>StoAway</i> Nalgene <i>Centene</i>	3 litre minimum, leakproof	1	
Pee bottle/ FUD	 	1 litre Nalgene <i>Wide-Mouth</i> (different colour to drink bottle!) <i>Freshette/GoGirl</i>	Useful in the tent. Women can use together with a FUD (Feminine Urination Device).	1	
Stuff sacks		Sea To Summit <i>Ultra-Sil Stuff Sacs</i>	For packing clothes etc. L or XL.	3-4	
Head lamp			Nights are dark. Bring spare LITHIUM batteries or a battery bank if rechargeable.	1	
Whistle			carry on your body or shoulder strap, plastic, pealess	1	
Emergency Thermal Blanket			Survival blanket, reflective	1	
Pocket knife / multi-tool		Leatherman, Swiss Army Knife		1	
Personal toiletries & medications with pack towel, Wet Wipes, toothbrush, toothpaste, anti-bacterial gel, Band-Aids, blister kit, foot powder etc.				✓	
Sun screen and lip protection (SPF50+)				1	
Batteries or power bank			For charging headlamp and devices. Small and lightweight, MUST BE LITHIUM. Rechargeable, alkaline or NiCad will not work well in the cold	✓	
Compass			swung for southern hemisphere or global/universal	Optional	
Camera			With lithium-ion batteries	Optional	
Book/Kindle				Optional	
Ear plugs				Optional	
Mobile			In waterproof case or pouch	Optional	

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EQUIPMENT THAT WE WILL PROVIDE		
Skis, bindings, skins, poles, snowshoes		We need to know your boot brand, model and size
Sled and hauling bars		Northern Sled Works
Waterproof duffle		120 litre
4-season tent		Hilleberg Keron 4, 2 people per tent, high wind and snow capacity
Tent anchors		snow pegs
Large sponge		for mopping up tent dampness
Snow shovel		
Cooking		gas stove, fuel canisters, matches, kettle, bases, instructions
Toilet paper		
Food		
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	

AVAILABLE FOR RENTAL - need to be ordered before June 15			
ITEM	DETAILS	NOVICE TRIP	ADVANCED TRIP
Sleeping bag	4-season down bag	\$70	\$80
Sleeping mattress	R-Value 5+	\$60	\$70
Shell jacket and pants	waterproof	\$40	\$50
Backpack / harness	Used to haul sled / carry light items	\$60	\$70

When purchasing clothing please consult with us well in advance so that we can check it's appropriateness for the Australian alpine environment.

Jindabyne has a number of quality outdoor stores where most items of clothing and equipment can be purchased. We suggest you rely on these stores only as a backup.

Participants on this trip receive a 15% discount on selected Icetrek Equipment. Contact us for a code.

ICE-TREK