








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 a polar or other cold-climate trip.











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			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 Thunderbolt Mont Supersonic	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. Padded downhill ski clothing is not suitable.	1	
Shell pants *		Mont Latitude	With full-length side zips. Add long extensions to all zipper sliders. Shell jacket and pants available to rent	1	
Down puffer jacket - lightweight		Mont Zero Rab Microlight MHW Ghost Whisperer Uniqlo Ultralight	Down, windproof, oversized to wear easily over shell jacket when it gets windy/cold. Add long extensions to all zipper sliders.	1	










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ITEM	IMAGE SAMPLES	BRAND AND MODEL EXAMPLES	NOTES	YOU PROVIDE	✓
Fleece or wool hat		Iceclrek <i>Lo Go Beanie</i>	Covers ears No cotton	2	
Peak cap			For sun protection	1	
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		Outdoor Research <i>Revel Shell Mitts</i> + Inner mitten (wool or fleece)	Fleece or wool liner with a waterproof outer shell	1 pair	
Ski gloves		North Face <i>Guardian</i> <i>Hestra 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 or on very warm days No cotton	1 pair	
Thick socks		Wilderness Wear	Heavy weight No cotton	1 pair	
Mid-weight socks		Wilderness Wear	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 Ininji	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	











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FOOTWEAR					
Boots	 Your boots will be used in our Flexi Ski Binding system. Let us know if your boots are unusually wide.	Salomon <i>Toundra</i> Merrell <i>Moab</i> Columbia <i>Daska Pass</i>	Comfortable and worn-in winter hiking boots. Ankle support Waterproof treated Removable inner boot is useful. Do not use inflexible-soled boots	1 pair	
Snow gaiters		Sea to Summit <i>Spinifex</i>	Helps keep snow out of boots Above ankle height (knee length good but not required)	1 pair	
EYEWEAR					
Sunglasses / hard case			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	
Goggles		Julbo <i>Aerospace</i>	100% UV protection	1	
Spare contact lenses or prescription glasses if required				As required	
HARNESS / BACKPACK					
Backpack *		Sea to Summit <i>Flow Drypack (waterproof)</i> Mont <i>Sentinel</i> or <i>Contour</i>	Used as harness for towing sled, medium size (approx 35litres), padded waist and shoulder straps Available to rent.	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 duffle bag for carrying all of your equipment on the sled.	2	
SLEEPING					
Sleeping Bag *		Mont <i>Spindrift</i> One Planet <i>WinterLite 20</i> Sea to Summit <i>Talus III</i>	4-season rated (-20c comfort rating), 1000g down fill, tapered, with hood Available to rent from www.wildernesssports.com.au	1	
Sleeping bag liner		Sea to Summit <i>Silk</i> or Sea to Summit <i>Fleece</i>	For added warmth (and hygiene if renting). Choose a fleece liner if you feel the cold. No cotton	1	



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OTHER EQUIPMENT					
Bowl, mug, spoon		Sea to Summit <i>Delta Bowl</i> GSI Infinity Backpacker mug with lid Sea to Summit <i>Long-handled 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 Thermos	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	
Water Storage Bladder 6-litre		Sea to Summit <i>Pack Tap</i> Camelbak <i>StoAway</i> Nalgene <i>Centene</i>	6 litre minimum, leakproof	1	
Pee bottle/ Female Urinary Device		1 litre Nalgene <i>Wide-Mouth</i> (different colour to drink bottle!) Uri-Bag <i>Freshette/GoGirl</i>	Useful in the tent. Women can use together with a She-Wee (optional)	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 power 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.				✓	

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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 phone		In waterproof case or pouch (if not IP rated)		Optional	
Hip flask		Bring along a small amount of alcohol for an evening sip if you like		Optional	

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 20% discount on selected Icetrek Equipment. Contact us for a code.

ICE•TREK

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EQUIPMENT THAT WE WILL PROVIDE

Skis, bindings, skins, poles, snowshoes	  	we need to know your boot brand, model and size
Waterproof duffle		120 litre. Used to carry all of your belongings on the sled
Sled and hauling bars		with straps to secure the duffle bag
4-season tent		Hilleberg Keron 4, 3 people per tent, high wind and snow capacity, with tent anchors
Sleeping mattress		minimum 6 R-Value for sleeping on snow. You may bring your own but it should be regular-width to pair with our Recliner seats.
Recliner camp seat		Mattress sleeve that converts into camp seat, important for resting adequately in the evenings
Foam seat		for sitting on during lunch
Sponge and microfibre towel		for mopping up tent dampness
Snow shovel		
Food		
Cooking		gas stove, fuel canisters, matches, kettle, bases, instructions
Poo Tube		we collect our poo and dispose of it in Jindabyne
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	

AVAILABLE FOR RENTAL - need to be ordered before June 15

ITEM	DETAILS	NOVICE TRIP	ADVANCED TRIP
Boots	winter trekking boots	\$90	\$120
Shell jacket and pants	waterproof	\$40	\$60
Backpack / harness	used to haul sled / carry light items	\$60	\$90

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HOW TO PACK

What to wear while trekking	In/on your backpack	In your duffle bag	Night bag	Eat and drink bag	With your sleeping bag
Conditions vary but on a cold day we would typically wear:	Your backpack will contain only those items you need during the day eg. daily food, drink and change of hand/headwear. Your backpack will be used to tow the sled.	You will be issued a 120 litre waterproof duffle bag to use on the trip which will be strapped to a small sled. You should not need to open your duffle during the day. At night it will be stored outside or in the tent vestibule.	This is a small stuff sac stored in your duffle and brought into the tent at night	This is a small stuff sac stored in your duffle and brought into the tent at night. It should be a different colour to your night bag	The following items can be packed in with your sleeping bag for convenience
underwear	goggles or sunglasses	sleeping bag, mattress and Recliner chair	headlamp	cup	sleeping bag liner
base layer (thermal) top	mittens or gloves	bag of spare clothing	power bank/batteries/cables	bowl	sleeping socks
fleece top	puffer jacket for lunch break	water bladder (full)	toiletries	spoon	tent boots
shell jacket and pants	foam seat	food	tent sponge and towel	drinks (tea, coffee, hot chocolate etc.)	sleeping beanie
base layer top and bottom	water for the day	poo tube with toilet paper and hand sanitiser	pee bottle	Snacks: • Pringles • chocolate • crackers	
fleece pants if you feel the cold	any clothing from the first column that will not be worn	Issued equipment which may include: • tent, poles or pegs • stove, stove boards • gas canister • fire blanket • shovel	book/Kindle	Sipper bottle	
extremity clothing - beanie, buff, eyewear, hand-wear	whistle / pocket knife			Each evening you will also bring a ration bag into the tent which contains soup, dinner and food for the following day	
socks, gaiters and boots					
skis or snowshoes, poles					

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USE OF FABRICS and OTHER MATERIALS in the cold	
OPTIONS	COMMENT
SHELL LAYERS - waterproof jacket and pants	
Gore-Tex	Waterproof and breathable fabrics used in shell layers. 3-layer construction preferred for Australian conditions. Seams must be tape sealed.
Hydronaute Pro	
eVent	
Pertex Shield	
H2No	
INSULATION - in outer clothing and sleeping bags	
down	Natural, superior warmth to weight, doesn't tolerate moisture. Preferable in sleeping bags on Australian Alps trip because of its warmth, lightweight ness and compatibility but must be kept dry
synthetic	Synthetic fill tolerates moisture much better than down but is heavier and bulkier. Great in puffer jackets.
FABRICS - layers worn under shell clothing	
polar fleece	Industry-standard synthetic, warm and fast drying
merino wool	Excellent base layer material, not as smelly as synthetics but not as strong, wears out quickly on high-use areas such as sock heels.
wool - other	Natural, used in clothing, warm but it takes longer to dry than synthetics, can be itchy
Windstopper/Windbloc	Synthetic windproof fabric used in gloves, hats and some clothing, takes a while to dry if it gets damp
nylon/acrylic/polyester	Synthetic, hard-wearing, fast drying, lacks the warmth of fleece
cotton	DO NOT USE, wicks heat when wet, slow to dry
HANDWEAR	
leather	Very strong, difficult to dry when wet. Must be treated for waterproofness
Gore-Tex	Excellent in gloves for waterproofness
removable inner/liner	For ease of drying. Wool or fleece preferable.

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TIPS		
dexterity	You won't have the same dexterity as you normally will due to handwear and the effect of cold. If you can't get things to work at home with gloves/mittens on they won't work on the ice.	
dressing	Because you'll be active during the day, it will be unlikely that you will wear anything more than a fleece and thermal layer under a shell jacket. If you get cool, or when we stop, your insulated jacket will go over everything. Avoid tight fitting clothing. Even your base layer should be quite loose. Lots of pockets is good, even in fleece jumpers, handy for all sorts of things. Inside the tent you will be warm enough to get by without gloves and your warm jacket. Each person is different but all find that the temperature in the tent is warm and comfortable.	
eating	The food may not always be to your taste but you must make a point of eating and drinking as much as you can. If you do not eat or drink adequately you will feel the cold much more, hunger and dehydration are two of the of the biggest contributors to hypothermia.	
electronics / batteries	Cold can have a negative effect on powered electronics. Lithium batteries work best, all other battery types do not hold their charge very well in the cold. Small digital still cameras can be kept warm in a pocket but keep it in a sealed bag or case, or use a waterproof one. A camera brought from the cold into a warmer tent can fog up instantly. Always keep it covered until it reaches the ambient temperature before using it. Remember, the smaller the buttons, the more difficult to operate. Take plenty of spare batteries.	
personal hygiene	Consider bringing some personal hygiene items. There won't be any running water and warm water is at a premium. A quick-dry wash cloth can be used for washing yourself but bear in mind that if not dried adequately it will freeze. An alternative is using wet wipes. Talc powder can help too. Disinfectant hand-wash is available for each tent. Use it after toileting and before cooking/eating. For toileting, if it's yellow, we're pretty mellow; if it's brown, bury it down (and away from the tent). Use a pee bottle inside the tent, it's pretty easy and saves you going out of the tent at night. Ladies can use a She Wee - Google it!	
rest stops	We usually ski for around an hour then have a break. Breaks are usually between 5 and 20 minutes, depending on the cold. Keep your skis or snowshoes on during shorter breaks, take them off for lunch. Drink and eat during every break or you will tire more quickly. We travel between 5 and 7 hours every day not including rests.	
sled packing	You will be allocated a plastic sled and a waterproof duffel bag. Pack the largest and heaviest equipment, including food, at the bottom, spreading the weight evenly over the base of the sled. This helps balance the sled and minimizes annoying capsizes. Items required during the day should be left at the top of the duffel or carried in your backpack. Large but lightweight items such as sleeping pads can be carried in your backpack to maximize room in your sled if required.	
teamwork	Look out for your team mates. If you are feeling cold or tired its likely they are too. Your guides are vigilant but let them know if you need help. There are lots of little jobs to do - tents, collecting water or snow for melting, cooking - so pitch in.	
zips	Add extensions to all your zips, about 7-8cm	