# IMPORTANT – SPACE ON THE HELICOPTER IS LIMITED, PLEASE DO NOT BRING MORE THAN 30 LB OF LUGGAGE

## **Clothing:**

- Ski pants, breathable fabric such as Schoeller or with zippers for venting, ski jacket-Gore Tex or equivelant
- · warm jacket, pile, wool, Schoeller
- down vest or small down jacket
- warm Shirt
- long underwear
- ski socks
- toque, woolen hat
- sun hat, ball cap
- warm ski gloves and/or mitt, light pair gloves for touring
- 1 set of hut clothes, comfortable clothes to wear in the hut after skiing

## Boots:

- well fitting touring or telemark boots, it is best to be well acquainted with your boots.
- If you are renting bring some mole skin or other blister prevention supplies.
- snow boots, not essential, you can use your ski boots
- hut slippers or shoes

### Skis:

- good, all mountain skis with quality ski touring or telemark bindings.
- The skiing at Hilda is challenging so ski touring skis are recommended
- Snowboarding-split boards with proper width climbing skins, no snow shoes.
- There are no extra skis at Hilda.

### Ski Gear:

- self adhesive climbing skins that are not too narrow under the foot (good Glue)
- telescopic or regular ski poles
- ski pack 30 litrs
- avalanche probe
- avalanche shovel
- avalanche transceiver (good batteries)
- Ski Crampons Spring only (April/May)
- Skin Wax Spring only (April/May)

#### Other:

- sun cream
- sun glasses
- goggles
- toiletries
- blister prevention suppliesflash light or head lamp
- water bottle 1 or 2 liters
- camera

Bedding All bedding and towels are provide. (sleeping bags are not needed)