



HAUTE ROUTE OF THE TROLLS SKI TOURING :: PACKING LIST

CLOTHING:

- Wind and waterproof shell jacket (Gore Tex or equivalent)
- Wind and waterproof pants (Gore Tex or equivalent)
- Base layer (wool or synthetic)
- Ski pants
- Jacket (Soft shell, fleece)
- Light to medium down or fiber jacket
- Hat
- Gloves (2 pairs) (thinner touring gloves and thicker skiing gloves)
- Ski socks
- Hut slippers (optional)

SKIING | RIDING GEAR:

- Ski touring skis, telemark or splitboard (snowshoes are not an acceptable option)
- Repair kit for your bindings (guides will carry a full repair kit so keep yours light)
- Skins and ski crampons (Ski crampons are not optional*)
- Ski poles
- Alpine Touring, Telemark or Snowboard boots Avalanche transceiver, probe and shovel
- Backpack 45+ liters (with ski attachments)
- Helmet (optional)
- Thermos or water bottle (1-2 liters)
- Sunglasses
- Goggles

MISC:

- Sleeping bag -10c
- Headlamp
- Thermos or water bottle (1-2 liters)
- Sunglasses
- Sun and lip cream
- Small first aid kit with personal medications, blister kit etc.
- Camera

BEFORE OR AFTER PROGRAM:

- Bathing suit and towel for geothermal pools
- Power Adaptors and necessary chargers for your electrical devices

Please have your ski boots in carry on baggage during your flights to Iceland. Bergmenn Mountain Guides does offer limited equipment rental, please contact us prior to your trip for information and availability.

*Most backcountry ski bindings offer integrated ski crampon systems. Ski crampons work in conjunction with your skins to save you energy providing efficient skinning in firm snow situations. Ski crampons are lightweight and easy to carry and a great tool to add to your backcountry kit if you do not already own them. Please contact us if you are not able to find this piece of equipment for your trip. We do not have any available for rent, however we may be able to help you find an online retailer.

Any luggage you are not bringing on the ski touring portion of the program will be stored in a secure place and brought to you at the end of the program.