

Skiing in Siberia

+7 (383) 280 46 55, +33 781 041 277

info@skiinginrussia.com

www.skiinginsiberia.com



Gear and clothing list for skitouring in Siberia

We advise you read carefully the following list. You will not be able to buy or rent the equipment on the spot, you should to bring everything with you. If you have any questions about equipment or items on (or not on) this list please don't hesitate to e-mail and ask our advice.

Here is an example of set of clothes that we recommend. You can change it according to your preferences, but be sure that your clothes suit the weather and temperature during your trip.

Clothing:

- ☐ Heavy/mid weight socks compatible with your footwear - 2-3 pairs.
- ☐ Base Layer Top and Bottom, warm – 2 pieces each.
- ☐ Mid-Insulation Layer Top - Polartec 100 or analog.
- ☐ Mid-Insulation Layer Bottom – Polartec/Powerstretch pants or analog.
- ☐ Warm jacket – Synthetic or down.
- ☐ Weather Layer Top - Gore-Tex/Softshell or other waterproof breathable jacket.
- ☐ Weather Layer Pants - Gore-Tex/Softshell or other waterproof breathable pants.
- ☐ Down jacket warm to minus 25-30°C.
- ☐ Hats (warm and light).
- ☐ Light gloves
- ☐ Insulated gloves
- ☐ Insulated mittens
- ☐ High snow boots

Ski gear:

- ☐ Skis or Splitboard. Skis should be 110mm underfoot or wider.
- ☐ Skins. Glue should be in good condition, renew if necessary.
- ☐ Touring Boots
- ☐ Telescopic Poles
- ☐ Ski helmet
- ☐ Binding/Boot/Pole/Skin Repair Kit - tools and parts to fix your personal gear.

Avalanche gear:

- ☐ Transceiver (two antenna minimum), extra batteries.
- ☐ Probe
- ☐ Shovel

Personal equipment:

- ☐ Backpack, 25-30 litres.
- ☐ Waterproof duffel for the transportation your stuff by snowmobile
- ☐ Personal First Aid kit (blister kit, your personal medications)
- ☐ Thermos or insulated flask, 1L. Good idea to have both.
- ☐ Sunglasses (CE rated 3 or 4)
- ☐ Ski goggles, plus extra pair.
- ☐ Headlamp, extra batteries.
- ☐ Sun/Cold and Lip Cream (factor 30+).

Personal stuff for the hut:

- ☐ Lightweight sleeping bag
- ☐ Inflatable sleeping pad
- ☐ Personal toiletries, lightweight towel.