

## Winter Overnight Gear List



Wear ski clothes with layers to remove or add as body temperatures change.

- Comfortable waterproof walking boots with ankle support
- Waterproof or Softshell (gore-tex) lightweight jacket & pants
- Gloves (waterproof & liners)
- Warm insulating layer - little puff jacket or fleece
- Insulating hat, buff, scarf, sunhat...
- One extra pair of sox (synthetic/wool)
- Thermal long underwear bottom & top (no cotton!)
- Comfortable backpack (min. 30l)
- Personal snacks & lunch pic-nic (if not going to a hut or restaurant)
- Minimum 1<sup>1/2</sup> litre water bottle
- Sun glasses / seeing glasses / contact lenses (No goggles! They fog up!!)
- Sunscreen (30+)
- Toiletries
- Personal Medication / Vitamins
- Head lamp
- Silk sleeping bag liner

**I can help you rent the following if you don't have them:**

- Ski poles & Snowshoes or rubber crampons
- Waterproof hiking boots
- An avalanche transceiver (DVA)

### OBLIGATORY

- **You must have accident insurance**

### OPTIONAL ITEMS

- Camera, Binoculars, Ear plugs

**Verbier's Ski Service & Cherries Walks partner up to offer you 20% off on rental gear!**



Snowshoeing up to St.Christophe in Verbier