



## Go Far, Climb High

### Damavand Ski Kit list

Warm ski socks (2/3 pairs)

Merino boxers (x2)

Merino leggings (warm)

Fleece leggings

Crocs/tent mules (when in basecamp or in the high camp)

Warm Merino base layer tops (x2)

Fleece or synthetic mid layer (x2)

Warm down jacket (i.e. Rab Neutrino)

Gore-tex ski touring jacket

Gore-tex ski touring pants

Two pairs of gloves (mid weight and down insulated)

Glove liner

Glacier glasses

Ski goggles

Ski crampons

Ski repair kit

Climbing Skins, trimmed to exactly fit the skis

Alpine ski touring boots

Alpine Touring Skis (lightweight for uphill touring e.g. La Sportiva Vapor Nano)

Touring bindings (lightweight)

45L Alpine pack (ice axe attachment, Ski carry system)

70-100L Expedition duffle (for use up to base camp)

Ski Crampons

Ski poles

Walking Ice axe

Shovel

Probe

Transceiver

4 season sleeping bag with compression sack

Sleeping mat (i.e. Therm-a-rest NeoAir or Prolite Plus)

Flask

Bottle (Nalgene)

Hydration system (insulated)

Hand warmers

Warm hat

Neck gaiter or buff

Balaclava

Head lamp

Ear plugs

Compeed Blister kit

Sun cream 30+ or 50

Lip balm with UV protection

Wet wipes/Antibacterial wipes

Pee Bottle (Nalgene, glow in the dark)

Personal Medication (Diamox /Acetazolamide, Ibuprofen, Paracetamol, any other travel medication)

Earplugs

Travel adaptor (UK to EU). You can charge your phone or camera in the hut

Spare batteries for the camera

Spare batteries for the head torch