

## Skiing in Kamchatka

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## Gear and clothing list for skitouring in Kamchatka, Three Volcanoes program.

Please service your skis or board before arrival, or bring pocket waxes as there is no ski-service at our base. We have some repair parts and tools to fix most common problems which might arise, but we do not have equipment for hot waxing.

We advise you to carefully read the following list. You will not be able to buy or rent the equipment out here, so do bring everything with you. If you have any questions about equipment or items on (or not on) this list please don't hesitate to email and ask for 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:

- Weather Layer Top - Gore-Tex/Softshell or other waterproof breathable jacket
- Weather Layer Pants - Gore-Tex/Softshell or other waterproof breathable pants
- Warm jacket – Down/synthetic
- Mid-Insulation Layer Top - Polartec 100 or analogue
- Base Layer Top and Bottom, mid or warm – 2 pieces each
- Mid weight socks - 2-3 pairs
- Hat
- Sun cap
- Light gloves
- Insulated gloves or mittens
- Bivouac shoes

### Ski gear:

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

### Ski-mountaineering gear:

- Boot crampons, compatible with your boots. Aluminium or steel, 10/12-points
- Ice axe, 55-65 cm.
- Lightweight harness (Black Diamond Couloir or analogue)
- Carabiner, pear-shaped – 2 pc.
- Dyneema sling, 120-180cm.
- Cordelette - 5 meters, 6/7mm. diameter

### Avalanche gear:

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

### Personal equipment:

- Backpack, 30-40 litres.
- Duffel, for carrying your stuff by snowmobile, water resistant.
- Personal First Aid kit, blister kit
- Thermos, 0.5-0.7 litres

- Water flask, 1 litre
- Sunglasses, plus extra pair (CE rated 3 or 4)
- Ski goggles
- Headlamp with extra batteries
- Personal toiletries, light towel.
- Sun/Cold and Lip Cream