



Marmot Tours LTD

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Snowshoeing Weekend – suggested packing list

The following list has been put together to give you an idea of what to pack for your holiday. Please note that different people feel the cold in different ways, so if you are a 'cold' person then pack a bit more. There is a very good gear shop in Ax, so any items you are missing can be purchased here – there is no need to make a special shopping trip.

EXPECTED WEATHER CONDITIONS.

In the mountains the weather changes very fast and in the same day we could expect anything from -10 to +20. Even walking into the shadow of a forest can cause a 10 degree temperature drop.

REGULATING YOUR TEMPERATURE.

The best thing to pack is lots of layers which can be used in any combination and all together in the case of an emergency. The most important items are gloves and hats. For snowshoeing I would suggest that you are better off setting off with normal summer walking trousers and putting on your waterproof trousers if it gets cold. Thermal leggings are normally too warm and getting out of them too cold!

TRIPS USING HOTEL TERMINUS ACCOMODATION

Towels and basic toiletries are provided but you may still prefer to bring your own. There is space to dry out boots etc but not a drying room for clothes.

LUNCHES

Picnic lunches are included each day and you are expected to carry them and water with you during the day. Please bring a backpack large enough!

ESSENTIAL KIT

Rucksack - 25 to 40 Liters
Walking Boots (stiffer the soles the better)
Evening shoes
Personal medication (eg. drugs and blister treatment, not First Aid kit)
Water bottles (minimum of 2 liters of capacity in total)
Sunglasses
Sunscreen creams
Passport

CLOTHING (to carry or wear each day)

Windproof / waterproof jacket
Windproof / waterproof trousers
"Summer" walking trousers / tracksuit bottoms / ronhills.
Long sleeved wicking top or equivalent t-shirts
Thin fleece (or more wicking t-shirts)
Thick fleece
Thin gloves
Warm gloves
Waterproof gloves
Warm hat (covering ears ideally)
Sun hat
Gaiters (can be purchased in Ax)

OPTIONAL GEAR

Walking poles (poles are provided, but you may prefer your own)
Penknife
Flask (tea etc. can be provided)
Goggles (if you have them)
Map (best to get in Ax)
Silly hat

GEAR PROVIDED BY MARMOT-TOURS

Snowshoes
Fixed length walking poles
Toboggons!

GROUP KIT (Provided by James)

30m Rope
Slings and karabiner
First Aid kit

Emergency group shelter.
Spare map and compass
GPS
Telephone
Ice Axe
Shovel

INSURANCE

Please make sure that you arrange suitable insurance cover and that you bring the details with you.

European Health Card. (UK residents only). It is advisable that you also obtain a European Health Insurance Card (EHIC) before you travel. The EHIC entitles you to free or reduced cost emergency medical treatment, in the EEA (European Economic area) and certain other countries. Applications are available at the post office or online at <http://www.dh.gov.uk>. The EHIC is the replacement of the E111 which is no longer valid. Many insurers will insist you travel with this.