



## Equipment list TELEMARCK

X		<i><b>our recommendation</b></i>
	backpack	around 40l, ski/snowboard attachment, airbag
	telemark boots	
	telemark set up and skins	
	telescopic ski poles	
	avalanche transceiver	3 antenna avalanche transceiver, new batteries
	shovel and probe	metal shovel, probe of 240cm
	helmet	
	drinking bottle	about 1litre of liquid, thermos flask
X	<i><b>apparel</b></i>	
	ski touring pants	
	weather-proof outer layer	Gore - Tex jacket and pants, thin down jacket
	2 <sup>nd</sup> layer	Fleece layer
	1 <sup>st</sup> layer	
	ski underwear	functional underwear
	back up	
	socks, long johns	
	beanie, balaclava	
	gloves	+ 2 <sup>nd</sup> pair
	goggles	
	sun or glacier glasses	
	sun screen	minimum factor 30, lip balm with SPF factor
X	<i><b>extras</b></i>	
	cash	a must in Austria
	pocket knife	multitool
	photo equipment	
	snacks for touring	
	bivouac bag	if available
	First aid bag	small; for one's personal use with a thermal blanket



## **Equipment**

All Clinics are going to take place outside in the depth of winter. Please be aware, that temperatures are going to be way below freezing level. Therefore we ask you to join the clinics with appropriate apparel (see equipment list). Additionally, if available bring your own ski touring set up. It allows you to be a little more flexible and independent.

Our partners kindly rent out the newest and hottest equipment on the market. For a day you may try it for free. Obviously, only while stocks last.

ARC'TERYX (shell jackets & trousers)

ATOMIC (ski, boots – for participants of the ATOMIC Perfect Match clinic)

OAKLEY (goggles and helmets)

CAMP (harness, ice axe, crampons)

If you need to book additional equipment, please, make sure to do so in advance. In St.Anton we recommend the following shops:

Apparel: Sport Pete <https://www.sportpete.com>

Skis and Boots: Sport Alber <https://www.sport-alber.com>

## **Please pay attention to the following**

The Arc'teryx Acadamey and its clinics are taking place in the High Alpine, partly in extreme terrain with the inherent alpine dangers. As we are mostly skiing/snowboarding off piste there is an increased risk of injury and accidents. A considerable degree of caution and consideration is expected from every participant. The instructions given by the mountain guides must be followed at all times. The organizer of the events assumes no liability for any damage of property or personal injuries caused by participants or event partners.

The official COVID regulations are valid. Please, make sure you have your valid certificates organized and ready. Make sure that you fulfil all entry rules traveling to Austria.