

Get Ready for Your Next Off-Piste Adventure: Checklist

Are you an off-piste enthusiast gearing up for your next thrilling freeriding or backcountry adventure? Look no further! Our free Off-Piste Skiing Checklist is here to ensure you're fully prepared and safe while tackling those untouched slopes.

Off-piste skiing offers an unmatched experience, but it requires meticulous preparation and the right gear. Whether you're a seasoned skier or a newbie eager to explore beyond the groomed trails, this checklist covers everything you need to prepare for a safe, thrilling experience.

This document contains a Checklist for Freeriding (without Climbing), and a Checklist for Backcountry (with Climbing).

Get ready to conquer the mountains with confidence!

Essential Gear

Having the right gear is crucial for off-piste skiing. The right equipment can make the difference between a thrilling adventure and a dangerous misadventure. In this document you will find a breakdown of the essential gear you'll need to ensure you're well-prepared for the backcountry.

Preparation and Safety

Proper preparation and safety measures are vital when venturing into off-piste terrain. Ensuring you're physically fit, knowledgeable about the environment, and well-prepared for emergencies will help you stay safe and enjoy your adventure to the fullest.

On the Day

The day of your off-piste adventure requires careful planning and attention to detail. From pre-trip checks to skiing with a buddy and being mindful of the environment, here are the steps to ensure your day goes smoothly and safely.

Freeriding Checklist (Without Climbing)

Essential Gear

1. Skis/Snowboard and Bindings

- ☐ **Off-piste or all-mountain skis, or snowboard:** Designed to handle varying snow conditions and provide better floatation in deep powder.
- ☐ **Adjustable bindings:** Ensure your bindings are properly set for the terrain to prevent accidental release or injury.

2. Boots

- ☐ **Comfortable, well-fitted ski boots:** Proper fit is crucial for control and comfort, especially in challenging off-piste conditions.

3. Poles

- ☐ **Lightweight, adjustable ski poles:** Useful for different types of terrain and snow depths.

4. Safety Equipment

- ☐ **Avalanche transceiver:** A must-have for locating buried victims in case of an avalanche.
- ☐ **Avalanche probe:** Essential for pinpointing the exact location of a buried person.
- ☐ **Shovel:** Necessary for digging out avalanche victims and for general snow assessment.
- ☐ **Avalanche airbag:** Recommended for added safety.
- ☐ **Helmet:** Essential for protecting your head from falls and debris.

5. Clothing

- ☐ **Base layers:** Thermal top and bottoms to keep you warm.
- ☐ **Mid layers:** Fleece or down jacket for insulation.
- ☐ **Outer layers:** Waterproof and windproof jacket and pants to protect against the elements.
- ☐ **Soft shell jacket and pants:** Offering a balance of breathability and weather protection.

- ☐ **Insulating layers:** Lightweight and packable, to stay warm during rest stops or emergencies.
- ☐ **Mountaineering boots:** Compatible with crampons, providing support and warmth.
- ☐ **Goggles:** Ensure good visibility in varying light and weather conditions.
- ☐ **Gloves or mittens:** With liners for added warmth and flexibility.
- ☐ **Neck gaiter or balaclava:** Protects your face from wind and cold.
- ☐ **Gaiters:** To keep snow out of your boots.

6. Accessories

- ☐ **Backpack:** With hydration system (optional) to keep you hydrated on the go.
- ☐ **Extra gloves, hat, and socks:** For added warmth and as backups.
- ☐ **Sunscreen and lip balm:** To protect your skin from harsh sun and wind.
- ☐ **Map and compass or GPS device:** For navigation and route planning.
- ☐ **First aid kit:** For treating minor injuries and emergencies.
- ☐ **Mobile phone or Personal Location Beacon (PLB):** For emergency communication.
- ☐ **Hydration system (optional):** To keep you hydrated on the go.

Preparation and Safety

1. Fitness and Conditioning

- ☐ **Strength training:** Focus on legs, core, and endurance to handle tough terrain.
- ☐ **Cardiovascular fitness:** Activities like running, cycling, or swimming to improve stamina.
- ☐ **Flexibility exercises:** Yoga or stretching to enhance mobility and prevent injuries.
- ☐ **Endurance training:** To handle the increased physical demands of climbing.
- ☐ **Strength training:** Focusing on upper body and core strength for climbing efficiency.

2. Knowledge and Training

- ☐ **Avalanche safety course:** Learn how to recognize avalanche terrain and perform rescues.
- ☐ **First aid and survival training:** Essential skills for dealing with emergencies in remote areas.

3. Planning

- ☐ **Check weather and avalanche forecasts:** Stay informed about current conditions.
 - ☐ **Plan your route:** Know your entry and exit points, safe zones, and escape routes.
 - ☐ **Inform someone of your plan:** Always let someone know where you're going and when you expect to return.
 - ☐ **Detailed route maps:** Including climbing routes, potential hazards, and safe zones.
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On the Day

1. Pre-Trip Checks

- ☐ **Test all safety equipment:** Ensure your transceiver, probe, and shovel are in working order.
- ☐ **Charge all electronic devices:** Keep your phone, GPS, and any other devices fully charged.
- ☐ **Pack a nutritious lunch and snacks:** High-energy foods to keep you fueled throughout the day.
- ☐ **Ensure you have sufficient water:** Stay hydrated, especially at higher altitudes.

2. Skiing with a Buddy

- ☐ **Never ski off-piste alone:** Always have a partner for safety.
- ☐ **Agree on communication signals:** Establish clear signals for stops, hazards, and emergencies.
- ☐ **Keep close but avoid skiing directly above or below each other:** To minimize risk in case of an avalanche.

3. Mind the Environment

- ☐ **Stay aware of your surroundings:** Watch for signs of changing weather or snow conditions.
 - ☐ **Respect wildlife and minimize your impact:** Follow Leave No Trace principles to preserve the environment.
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Backcountry Checklist (With Climbing)

Essential Gear

7. Skis/Splitboard and Bindings

- ☐ **Off-piste or all-mountain skis, or splitboard:** Designed to handle varying snow conditions and provide better floatation in deep powder.
- ☐ **Adjustable bindings:** Ensure your bindings are properly set for the terrain to prevent accidental release or injury.

8. Boots

- ☐ **Comfortable, well-fitted ski boots:** Proper fit is crucial for control and comfort, especially in challenging off-piste conditions.

9. Poles

- ☐ **Lightweight, adjustable ski poles:** Useful for different types of terrain and snow depths.

10. Safety Equipment

- ☐ **Avalanche transceiver:** A must-have for locating buried victims in case of an avalanche.
- ☐ **Avalanche probe:** Essential for pinpointing the exact location of a buried person.
- ☐ **Shovel:** Necessary for digging out avalanche victims and for general snow assessment.
- ☐ **Avalanche airbag:** Recommended for added safety.
- ☐ **Helmet:** Specifically rated for climbing, offering protection against falling ice or rocks.

11. Climbing Equipment

- ☐ **Climbing skins:** For skis, to provide grip when ascending slopes.
- ☐ **Ski crampons:** For added traction on icy or steep terrain.

12. Additional Climbing Equipment for Steep Ascents

- ☐ **Ice axe:** Essential for climbing steep slopes and self-arresting in case of a fall.
- ☐ **Climbing harness:** For securing yourself during technical ascents or crevasse crossings.
- ☐ **Rope:** A lightweight, durable rope suitable for ski mountaineering.
- ☐ **Carabiners and slings:** For securing your rope and harness.

13. Additional Safety Equipment when Skiing on Glaciers

- ☐ **Crevasse rescue kit:** Including a pulley system and prusik cords for glacier travel.

14. Clothing

- ☐ **Base layers:** Thermal top and bottoms to keep you warm.
- ☐ **Mid layers:** Fleece or down jacket for insulation.
- ☐ **Outer layers:** Waterproof and windproof jacket and pants to protect against the elements.
- ☐ **Soft shell jacket and pants:** Offering a balance of breathability and weather protection.
- ☐ **Insulating layers:** Lightweight and packable, to stay warm during rest stops or emergencies.
- ☐ **Mountaineering boots:** Compatible with crampons, providing support and warmth.
- ☐ **Goggles:** Ensure good visibility in varying light and weather conditions.
- ☐ **Gloves or mittens:** With liners for added warmth and flexibility.
- ☐ **Neck gaiter or balaclava:** Protects your face from wind and cold.
- ☐ **Gaiters:** To keep snow out of your boots.

15. Accessories

- ☐ **Climbing pack:** Designed to carry all climbing gear, with attachment points for skis and ice axes.
- ☐ **Extra gloves, hat, and socks:** For added warmth and as backups.
- ☐ **Sunscreen and lip balm:** To protect your skin from harsh sun and wind.
- ☐ **Map and compass or GPS device:** For navigation and route planning.
- ☐ **First aid kit:** For treating minor injuries and emergencies.
- ☐ **Mobile phone or personal locator beacon (PLB):** For emergency communication.
- ☐ **Hydration system (optional):** To keep you hydrated on the go.

Preparation and Safety

4. Fitness and Conditioning

- ☐ **Strength training:** Focus on legs, core, and endurance to handle tough terrain.
- ☐ **Cardiovascular fitness:** Activities like running, cycling, or swimming to improve stamina.
- ☐ **Flexibility exercises:** Yoga or stretching to enhance mobility and prevent injuries.
- ☐ **Endurance training:** To handle the increased physical demands of climbing.
- ☐ **Strength training:** Focusing on upper body and core strength for climbing efficiency.

5. Knowledge and Training

- ☐ **Avalanche safety course:** Learn how to recognize avalanche terrain and perform rescues.
- ☐ **First aid and survival training:** Essential skills for dealing with emergencies in remote areas.
- ☐ **Technical climbing skills:** Training in using climbing equipment, rope management, and self-rescue techniques.
- ☐ **Crevasse rescue training:** Essential if traveling on glaciers.

6. Planning

- ☐ **Check weather and avalanche forecasts:** Stay informed about current conditions.
 - ☐ **Plan your route:** Know your entry and exit points, safe zones, and escape routes.
 - ☐ **Inform someone of your plan:** Always let someone know where you're going and when you expect to return.
 - ☐ **Detailed route maps:** Including climbing routes, potential hazards, and safe zones.
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On the Day

4. Pre-Trip Checks

- ☐ **Test all safety equipment:** Ensure your transceiver, probe, and shovel are in working order.
- ☐ **Charge all electronic devices:** Keep your phone, GPS, and any other devices fully charged.
- ☐ **Pack a nutritious lunch and snacks:** High-energy foods to keep you fueled throughout the day.
- ☐ **Ensure you have sufficient water:** Stay hydrated, especially at higher altitudes.

5. Skiing with a Buddy

- ☐ **Never ski off-piste alone:** Always have a partner for safety.
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- ☐ **Keep close but avoid skiing directly above or below each other:** To minimize risk in case of an avalanche.

6. Mind the Environment

- ☐ **Stay aware of your surroundings:** Watch for signs of changing weather or snow conditions.
- ☐ **Respect wildlife and minimize your impact:** Follow Leave No Trace principles to preserve the environment.

Concluding the Checklist

By ensuring each of these essential items is checked off, you'll be well-equipped to manage the inherent risks and fully enjoy the thrill of your off-piste and climbing adventure. Preparedness and safety are key to making the most of your time in the backcountry, allowing you to embrace the excitement and beauty of untouched slopes and challenging ascents with confidence.

Stay safe and have fun!
