



USEFUL INFORMATION:
OFF-PISTE SKIING WITH PURE POWDER

Please review the useful information below in advance of your trip.

Preparing for your trip

Fitness If you aren't already quite active, we strongly recommend that you start an exercise and stretching program prior to your trip. You can download a copy of our ski fitness programme at www.purepowder.com/ski-fitness.

Safety Equipment

Transceivers Your guide will provide you with an avalanche transceiver for use on your trip.

Packs We suggest that you bring your own rucksack with a shovel & probe, although this is not essential.

Helmets It is totally your choice whether you ski with a helmet or not. Helmets that offer a low profile or ¾ coverage shell and a removable neoprene ear cover are the best. Helmets that fully cover the ear (e.g. race helmets) may be a safety hazard if they prevent you from hearing the guide's instructions.

What to bring

Clothing You will doubtlessly enjoy your trip even more if you stay dry and warm, so we would recommend ensuring that you have good quality clothing suitable for deep powder snow. It's always best to use a layer system so that you can add or take-away items to control your temperature. We recommend the following as a guide:

Outerwear	Good quality windproof / breathable jacket with fastenings to keep out snow
	Good quality windproof / breathable trousers with fastenings to keep out snow
Mid-layer	Warm mid layer such as down or Primaloft
Base layer	Wicking base layer
	Long thermals (eg long johns)
Accessories	Waterproof / breathable gloves, preferably with long cuffs / sleeves
	Good goggles which don't steam up
	Warm hat which covers your ears
Casual wear	Dress In most European hotels is relatively casual
	You may want to bring swimwear if the hotel has spa facilities
Hotel Provides	Towels
	Laundry facilities on request

Skis & Snowboards It is totally up to you whether you bring your own skis or snowboard. At all of our destinations there are good rental shops where you will be able to rent the latest equipment.

Ski / Snowboard Boots It We would strongly recommend that you take your own ski or snowboard boots with you. If you want some advice about buying boots in advance then please let us know.

Tips You are not obliged to give your guide a tip, although if you feel that they have done a good job then it would be great if you could show your appreciation.

Have a great trip!