

EQUIPMENT FOR SKI TOURING

by PADDY PALLIN

Since my article in last year's Ski Book entitled "What Has Happened to the Main Range Rats?" several people have enquired how it was possible to carry all requirements for a ski trip including tent and food for four days and still have loads of under 30lbs. per head, including skis and stocks. You can be

sure that the result was not achieved haphazardly. It required very careful planning. Nevertheless we managed it and were adequately prepared for any reasonable vagaries of the weather and anything but the most serious accident.

Here are lists of equipment and food carried:

PARTY EQUIPMENT	MARK	RYMILL	PADDY
Shoes and Bags (Take daily turns)			
1 Spare Laces	1	1	1
2 Spare Ski tips	1	1	
Wire, screws and screw eyes	1		
Screwdriver	1		
Spare cable			1
Skis wax	1	1	1
Plaster			1
Wooling plaster, 1 roll 2"		1	
Light cord, 20 yds.		1	
Four toe straps	1		
Housewife (clothes mending kit)			1
Iron pan	1		
2 Billies		1	1
1 Tin opener	1		
Maps, S.M.A. 3			3
Snow Lease 2	2		
Seaburn cream			1
Stove (Primus 71L)			1
1 Quart Shellite		1	
Waterproof and rag for boots	1		
Candle, spare matches	1		
Whistle		1	
Elastic bandage		1	Elastoplast

PERSONAL EQUIPMENT

Wearing:

Light Sweater
Ski Jacket with hood
Ski Pants
Ski Cap
Goggles
Mitts, wool
Overmitts

Carrying:

Pyjama Pants or
Wool Underpants
2 pair spare socks
Thick Sweater
Sleeping Bag
Woolly Bag

Scarf
Plate, Mug, Knife-fork-spoon
Torch and Spare Globe
First Aid Kit
Compass
Soap and Washer
Light Towel
Supply Polythene Bags
Matches
T. Paper
Pencil & Note Book
Toothbrush
Camera
Rucksack
Skins
Hip Pad

FOOD LIST—3 Men, 4 days.

	TOTAL	Mark	Rymill	Paddy
Five Minute Oats	1. 0	8	8	
Nescafe—1 tin	4	4		
Milk Powder—1 tin	12	12		
Sugar	2. 0	1. 0	1. 0	
Eggs (12 eggs)	1. 8		12	12
Bacon	1. 0	8	8	
Bread—1 loaf	2. 0	1. 0	1. 0	
Butter	1. 0			1. 0
Honey	8		8	
Cheese	1. 0		8	8
Vita Wheats	1. 0		8	8
Raisins	1. 0			1. 0
Dates	1. 0	1. 0		
Dried Potato	12			12
Dried Veggies. (mixed)	12			12
Sausages (ready fried)	3. 0		1. 0	2. 0
Steak (light grilled)	2. 0	1. 0	1. 0	
Apricots	8		8	
Salt	4	4		
Tea	4		4	
Glucose Sweets	1. 0	8		8
Soup Powders	8	4		4
Rice	1. 0	1. 0		
	24. 0	8. 0	8. 0	8. 0

* Own choice emergency ration—1 lb. weight.

The tent was the heaviest individual item, weighing 7 lbs. It was intended that we take turns carrying this but we found this made rather a heavy load. It finished up by Rymill carrying it and we took some of Rymill's load (I'm afraid Rymill got the worst of the bargain but he was fighting fit, having just finished a week at C.S.I.R.O. Hut at Perisher).

The construction of the tent may be of interest. It was a standard Bushwalker type 3-man "A" tent, measuring 7 feet long and 7 feet wide and 4 feet high. One end was closed and the other end opened with liberal overlaps on the doors. The sew-in floor was plasticised japara. At the sides, instead of eyelets for pegs, were sewn strong web tapes. To pitch the tent a ski was buried in the snow and these tapes tied to it and the whole thing stamped down. Stocks were used for tent poles. Hip pads of plastic foam measuring 12" x 16" covered with plastic film (weight 6 ozs. each) were used to protect the hip from the cold. They were very effective in use. We only used the tent once as we found huts on our route on the three other nights.

When preparing for the trip, we tested compasses and found that three items had to be watched because of their effect on the compass, viz., the steel frame of the rucksack, steel stocks and photo-electric light meter. As navigator, I wore a Silva wrist-type liquid-filled compass and found that by using it with arm outstretched, it was not affected by the steel frame on my back nor the light meter in my pocket. I carried aluminium ski poles to avoid the effect of steel ones on the compass.

We carried down sleeping bags and an additional lining knitted from 5 ozs. of fine wool on very course needles (No. 000 needles).

Each night we changed our underwear and replaced our ski clothes after any necessary drying. The warmth provided by the sleeping bag and its lining proved quite adequate despite very severe frost and draughty huts. Only on one night was it necessary to put on the heavy woollen sweaters we carried.

Practically all the food was eatable without preparation so that had we been held up by a blizzard, we could have been well fed without the necessity of cooking. We carried a light-weight primus (24 ozs.) and a quart of shellite for just such an emergency to prepare hot drinks.

The utmost lightness in weight was ensured by rejecting everything that was not necessary and choosing the lightest and most compact of those items which were necessary. For instance, my towel consisted of 2 yards by 1 yard of surgical gauze weighing 1½ ozs. Very absorbent, very effective and easily dried.

Well there you are! It calls for effort but it's well worth while. If you haven't stood on Mawson's Hut and looked at snow-clad Jagungal shining in the morning light you haven't lived as a skier.

Christies and Wedeln and Reverse Shoulder technique are surely not the end of skiing. The joy of travelling over snow-clad mountains, the thrill of pitting your skill as a skier against a world of snow has tremendous rewards which more than repays the effort involved.

What about a start by booking in at Albina and making day trips from there? Or try Illawang or even try travelling from Thredbo to Albina, or Thredbo to the Chalet.

Here's hoping you will.

You'll never regret it.

As with all adventurous sports, ski touring has certain inherent dangers which careful planning can minimise but not altogether eliminate.

Here are a few tips which will help to keep you out of trouble:—

Never go touring for even short trips without map, compass, matches, spare clothing and some food.

Always tell someone where you intend going and time of intended return or arrival at destination.

The Spring Thaw. Photo by Douglass Baglin.

Arrange to finish travelling before evening mists descend (the actual time depends on where you are skiing and the time of the year).

On a trip of several days duration it is highly desirable that one person in the party should have travelled over the route in summer because huts may be practically buried in snow in winter and very hard to locate.

THE N.S.W. SKI COUNCIL
BALL
at the
WENTWORTH
FRIDAY, OCTOBER 16, 1959
Tickets: 30/- each

RACING CALENDAR, 1959

July 18
July 25
August 1-2
 " 8-9
 " 8-9
 " 8-9
 " 15-29

Sept. 13
Oct. 3

K.A.C. Stilwell Cup
Kiandra Invitation Cup
N.S.W. Alpine Championships
N.S.W. Nordic Championships
Hume Invitation
Victorian Nordic Championships
National and Interstate
Alpine and Nordic
Snowy Mountains Cup
Perisher Cup

Kosciusko
Kiandra
Thredbo
Cabramurra
" Falls Creek
Mount Buller
Guthega
Perisher

